



# Garfield Heights Fitness Classes

New winter 12-week Session  
Starts Monday, January 8, 2018  
through Wednesday, March 28th



Discuss nutrition and diet issues. Find what works for you and your lifestyle!

## Cardio Blast/Boot Camp:

Monday or Wednesday - 6:00 pm—7:00 pm

## Strength Training/Weights/Stability Ball:

Monday or Wednesday -7:15 pm—8:15 pm

All classes held at Garfield Fire Station #1 McCracken & Turney Roads

### 12 Week Session Class fees:

1 class per week - \$50.00

2 classes per week - \$75.00

3 classes per week – \$90.00

4 classes per week -\$100.00

### Current recreation ID Card required

ID card \$10.00 residents

ID card \$35.00 non-residents

2 proofs of residency required at the time of registration for residents

***\$15.00 fee will be applied after January 6<sup>th</sup> – no exceptions***

**Sign up at the Dan Kostel Recreation Center  
beginning December 20<sup>th</sup> – January 6<sup>th</sup>**

During our open office hours at

**5411 Turney Road**

**216-475-7272**

follow prompts or press "0" to speak with a team member

**Sponsored by:**

**The City of Garfield Heights**

**Vic Collova, Mayor**

**Robert A. Dobies, Sr. Director of Parks & Recreation**