

Fitness Classes Offered

Cardio Blast/Boot Camp

Strength Training/Weights

Stability Ball

Cardio Blast/Boot Camp

This one-hour class utilizes the power from larger muscle groups to obtain cardiovascular conditioning, muscle strengthening and endurance. The moves are simple, yet effective. This class is designed to up the metabolic rate and burn calories!

An interval style of training, this class incorporates kick-boxing and boot camp styles and utilizes power moves that burn fat, tone muscle and challenge your cardiovascular system.

Items to bring to this class: mat for floor work, proper shoes, breathable clothing, towel and water bottle

- **This class offered on Monday or Wednesday at 6:00 pm**



Strength Training/Weights/Stability **Ball**

This class targets all major (and some not so major) muscle groups by using a set of weights. You'll define, tone and strengthen all major muscle groups and boost your metabolism. Items to bring to this class: 5-10 lb dumbbells, mat for floor work, breathable clothing, towel and water bottle.

Balance balls are supplied.

Offered – Monday or Wednesday at 7:15 pm – 8:15 pm



Registration Information

**Sign up at The Dan Kostel Recreation Center,
5411 Turney Road
during any of our open office hours**

**Annual ID cards are mandatory
\$10.00 resident - \$35.00 non-resident
(residents must bring in 2 current utility bills – no exceptions)**

The following rates apply at the time of registration

- 1 class per week for 10 week session - \$40.00**
- 2 classes per week for 10 week session - \$65.00**
- 3 classes per week for 10 week session - \$80.00**
- 4 classes per week for 10 week session - \$85.00**





Sponsored by:

The City of Garfield Heights

Vic Collova, Mayor

Robert A. Dobies, Sr.

Director of Parks and Recreation

5411 Turney Road

Garfield Heights, Ohio

***Pre-registration required* prior to attending any session, at the recreation center, however all classes are held at Garfield Heights Fire Station #1, corner of McCracken & Turney Roads, in the lower level.**

All classes are taught by a certified fitness instructor.

The new fall 10 week session will begin on Monday, September 12, 2016

And end on Wednesday, November 17, 2016.

An additional fee of \$15.00 will be applied after the September 10th deadline

Call 216-475-7272 for further information

Follow prompts or press "0" to speak to a team member