

# ***Fitness Classes Offered***

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**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 and/or Wednesday at 6:00 pm**

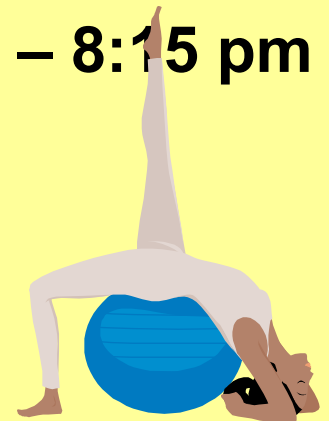


# **Strength Training/Weights/Stability** **Ball**

**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 and/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 – during open registrations – see current flyer

For the current seasonal sessions – some are 10 week sessions

Some are 12 week session and our annual “grab bag” session in the Fall

**Annual ID cards are mandatory**

**\$15.00 resident - \$40.00 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 12 week session - \$50.00**

**2 classes per week for 12 week session - \$75.00**

**3 classes per week for 12 week session - \$90.00**

**4 classes per week for 12 week session - \$100.00**





*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 Summer 10- week session will begin on Monday, June 25, 2018 and end on Wednesday, August 29, 2018.**

***An additional fee of \$15.00 will be applied after the***

***Friday, June 22<sup>nd</sup> – 4:00 pm deadline***

**Call 216-475-7272 for further information**

**Follow prompts or press “0” to speak to a team member**