



Garfield Heights Fitness Classes



New Spring 10-week Session

Starts Monday, April 6th through Wednesday, June 10th

Cardio Blast/Boot Camp:

Monday and/or Wednesday - 6:00 pm—7:00 pm

Strength Training/Weights/Stability Ball:

Monday and/or Wednesday -7:15 pm—8:15 pm

Discuss nutrition, diet ideas & tips. Find what works for you and your lifestyle!

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 \$15.00 residents

ID card \$40.00 non-residents

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

~~Sign up anytime until April 1st deadline~~

During open hours of operation, please note office hours will be limited after rink closes for the season.

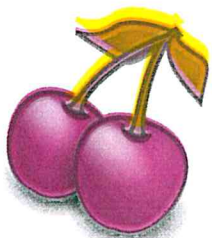
~~After April 1st deadline an additional \$15.00 administrative fee will be applied~~

Sign up at the Dan Kostel Recreation Center

5411 Turney Road

316-475-7272

Follow prompt to "hours of operation" for open office hours available for registration



Sponsored by:
The City of Garfield Heights
Vic Collova, Mayor
Robert A. Dobies, Sr. Director of Parks & Recreation

