

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 and/or Wednesday at 6:00 pm**

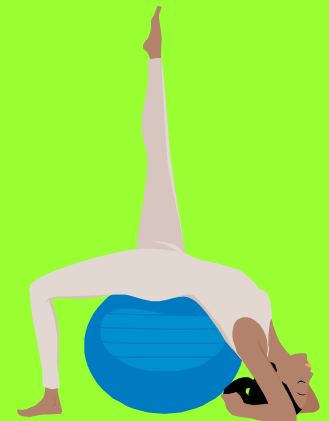


Strength Training/Weights/Stability **Ball**

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 sessions.

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 10 week session - \$50.00

2 classes per week for 10 week session - \$75.00

3 classes per week for 10 week session - \$90.00

4 classes per week (all) for 10 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. You can register anytime now until the April 1st deadline at 4:00 pm

Office hours will be restricted and limited after the skating season comes to a close at the end of March.

The new session will begin Monday, April 6, through Wednesday, June 10th

An additional fee of \$15.00 will be applied after the Friday 4:00 pm – April 1st deadline – no exceptions

Call 216-475-7272 for further information

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

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