

AEROBIC CONDITIONING

- **This class utilizes power moves that burn fat, tone muscle and challenge your cardiovascular system.**

**Tuesdays or Thursdays from
6:00 pm – 7:00 pm during the
Spring, Summer, Fall, Winter
& special Holiday Grab Bag
sessions**



STRENGTH TRAINING

- **By using a set of weights, you'll define, tone and strengthen all major muscle groups and boost your metabolism!**

Tuesdays or Thursdays

7:15 pm – 8:15 pm

**Spring, Summer, Fall, Winter
and special Holiday Grab Bag
sessions**



STEP AEROBICS

This intense class will start your weekend off with a bang! Tone and strengthen your body while burning fat with this high energy, basic step class. Steps are provided.

Saturday mornings from

8:30 am – 9:30 am

**Spring, Summer, Fall, Winter
and Holiday Grab Bag sessions**



CURRENTLY FALL SESSION **REGISTRATION IN PROGRESS**

**Fall Session begins on
Tuesday, September 6, 2011.**

**Sign up at The Dan Kostel Recreation
Center, 5411 Turney Road**

**ID cards are required - \$10.00 resident
\$35.00 non-res**

1 – 10 week class - \$36.00

**Customize your own classes to fit your needs – for
each additional 10 week class – add \$36.00 ID
card – annual purchase**

**View attached Fall Fitness Flyer on home page for
details**

Join our affordable, safe & effective classes, where you can cardio, weight train and step your way to a new lifestyle. Develop and improve balance and core strength using an exercise ball. 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. Pick your classes & customize your own program

Office Hours

- **MONDAY through FRIDAY**
8:30 am – 4:30 pm

The office is open most Saturdays and Sundays
During the skating season, depending on rink
activities of the day

Please call ahead for weekend office hours.

216-475-7272

Press Option #4 for office hours

Press Option #5 for special office hours

Press Option #7 to leave a voice message

