

# CARDIO 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**



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# 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**

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# Registration Information

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

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

**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 current updated attached fitness flyer on home page for  
details & seasonal sessions**

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**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. 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.**

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# 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 evening and weekend office hours.**

**216-475-7272**

**Press Option #5 for special events & additional registration hours**  
**Press Option #7 to leave a voice message**

