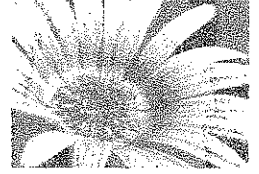


Garfield Heights Fitness



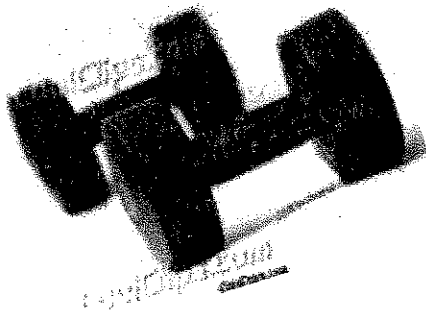
Offering a variety of Fitness Classes

Aerobic Conditioning: This class utilizes power moves that burn fat, tone muscle and challenge your cardiovascular system.

Tuesday & Thursday 6:00—7:00 PM

Strength Training: By using a set of weights, you'll define, tone and strengthen all major muscle groups and boost your metabolism! **Tuesday & Thursday 7:15—8:15 PM**

Step Aerobic: This intense class will start your weekend off with a bang! Tone and strengthen your lower body while burning fat with this high energy, basic step class. **Saturday 8:30—9:30 AM**



**Hurry! Summer
session begins
Tuesday, June 22**

**Sign up at the Dan Kostel Recreation Center
5411 Turney Road, Garfield Heights, OH**

216-475-7272

Garfield Parks and Recreation Department
\$36.00 per 12 week session.....I.D. cards \$10 Res/\$35 non Res.

Aerobic Conditioning:

This one-hour class utilizes the power from larger muscle groups to obtain cardiovascular conditioning. The moves are simple, yet effective. Strength training with hand weights is included. Items to bring to this class: 2 – 5 lb dumbbells, mat for floor work, proper shoes and breathable clothing. These classes are held on Tuesdays and Thursdays at 5407 Turney Road in the Garfield Heights Civic Center.

6:00 p.m. – 7:00 p.m.

Strength Training:

This hour-long class targets all major (and some not so major) muscle groups by using dumbbells to strengthen muscles. Concentration is placed on core conditioning. Items to bring to this class: 5-10 lb dumbbells, mat for floor work, breathable clothing. These classes are also held on Tuesdays and Thursdays at 5407 Turney Road, after the aerobic conditioning class.

7:15 p.m. – 8:15 p.m.

Step Class:

This hour-long class is classic step! The Reebok steps have risers for the user to choose what height (thus what level of difficulty) to use. Items to bring to this class: Mat for floor work, proper shoes and breathable clothing. These classes are held at Fire Station #1 at the corner of Turney and McCracken Roads. Please use the McCracken Road entrance.

8:30 a.m. – 9:30 a.m.