



Cleveland Heights
Parks & Recreation



Adult Fitness

Pia Alesci, Instructor

2024

Fit in 45 Minutes

Fifteen minutes each of cardio, strength training, and abdominal work.

\$38 CH residents
\$44 non-residents

Saturdays
9:15–10:00 am

August 24–September 28
No Class October 5
October 12–November 23 (No class 11/16)
No class November 25–30

Wear comfortable workout clothes and bring an exercise mat, towel, and spill-proof water bottle.

TO REGISTER

Scan the QR code, click on “2024 Fall > Adult Programming” and choose your class.



CONTACT US

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www.chparks.com