

POWER HOUR

FULL BODY
STRENGTH TRAINING
WITH PT TROY J



Day: Saturdays
Dates: April 5 - June 28
Time: 12:00pm to 1:00 pm
Cost: \$20 **per class** Residents
\$25 **per class** Non-Residents



BRING A MAT WATER TOWEL ETC

TO JOIN THE PWR HR CONTACT:

TROY J 216-972-8298

trainwtroy2@gmail.com



CLEVELAND HEIGHTS COMMUNITY CENTER 1 MONTICELLO BLVD . CLEVELAND HEIGHTS