



Cleveland Heights
Parks & Recreation



FALL **2024**

Adult Fitness

Pia Alesci, Instructor

Evening Barre Workout

Barre combines dance with Pilates' principles of strength and safety. This is a barefoot workout

Mondays, 6:00-7:00 pm
August 12–September 23 (No class 9/2)
October 7–November 11 (No class 11/18)
Aerobic Room
\$38 CH residents
\$44 non-residents

Mat Pilates

Pilates strengthens muscles while improving postural alignment and flexibility.

Wednesdays, 6:00-7:00 pm
August 7–September 18
October 2–November 16 (No class 11/13)
Aerobic Room
\$38 CH residents
\$44 non-residents

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