



Cleveland Heights
Parks & Recreation



Adult Fitness

Pia Alesci, Instructor

FALL 2025

Evening Barre Workout

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

Mondays, 6:00-7:00 pm
October 13-November 17
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
September 10-October 15
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 "2025 Fall > Adult Programming" and choose your class.



CONTACT US

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