

## New FITNESS CLASSES

### WILLOUGHBY HILLS RECREATION CENTER

Starting September 17!



A variety of cardio and strength drills to challenge your whole body!

Monday & Wednesday  
9:00 a.m.

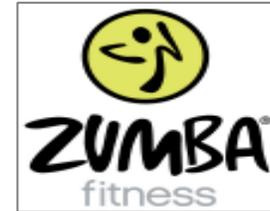


#### hardCORE TRAINING

Advanced core conditioning!

Improve your posture  
and tone your midsection!

Mondays  
5:45 p.m.



Come join the Party!  
Latin and International Music for an  
effective workout!  
With Zumba, you can get fit – while  
having fun!

Mondays  
6:30 p.m.

**Punch pass - \$60 for 10 classes- mix and match!**

**No contracts – No membership fees**

**Call 216-337-7419 to register**