



GET MOVING STREETSBORO

University Hospital Health Discussions will be at Streetsboro Parks & Recreation, 9307 State Route 43. Circuit Training classes will be at Streetsboro Planet Fitness, pre-registration is required. All classes & discussions are at 7pm.

January

7th - University Hospital: Know Your Numbers & Nutrition

21st - Circuit Training at Planet Fitness (Max. 30 participants)

February

4th - Circuit Training at Planet Fitness (Max. 30 participants)

11th - University Hospital: Heart Health

25th - Circuit Training at Planet Fitness (Max. 30 participants)

March

11th - Circuit Training at Planet Fitness (Max. 30 participants)

25th - University Hospital: Chronic Illness Prevention

Portage Parks: Parks Rx

All Planet Fitness circuit classes **must be reserved** online at www.cityofstreetsboro.com. Registration will open one week prior to class date. Please note class schedule is subject to change.