



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 & Snap Fitness; pre-registration is required.

February

11th - University Hospital: Heart Health

12th - Snap Fitness 9:30am (Max. 8 participants)

19th - Snap Fitness 9:30am (Max. 8 participants)

21st - Snap Fitness 6:30pm (Max. 8 participants)

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

26th - Snap Fitness 9:30am (Max. 8 participants)

28th - Snap Fitness 6:30pm (Max. 8 participants)

March

5th - Snap Fitness 9:30am (Max. 8 participants)

7th - Snap Fitness 6:30pm (Max. 8 participants)

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

12th - Snap Fitness 9:30am (Max. 8 participants)

14th - Snap Fitness 6:30pm (Max. 8 participants)

19th - Snap Fitness 9:30am (Max. 8 participants)

21st - Snap Fitness 6:30pm (Max. 8 participants)

25th - University Hospital: Chronic Illness Prevention Portage Parks: Parks Rx

26th - Snap Fitness 9:30am (Max. 8 participants)

28th - Snap Fitness 6:30pm (Max. 8 participants)



All Planet Fitness & Snap 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.