

## “SHAPE YOUR CONNECTION”

Weekly exercise classes meet Thursday evenings from 7-8pm at the Middleburg Heights Community Center, 16000 Bagley Road. During each season, our certified personal trainer helps us “shape up” through light cardio and resistance band training - a perfect way to reshape your body, your attitude, and your friendships!



### Summer Session 2011

Working on our  
**Butts & Guts**

July 7, 14, 21, 28  
August 4, 18, 25 (no class Aug. 11)  
September 1, 8, 15

2 week break September 22 & 29



### Fall Session 2011

To be announced

October 6, 13, 20, 27  
November 3, 10, 17 (no class Nov 24)  
December 1, 8, 15

2 week break December 22 & 29



### Winter Session 2012

To be announced

January 5, 12, 19, 26  
February 2, 9, 16, 23  
March 1, 8, 15

2 week break March 22 & 29



### Spring Session 2012

To be announced

April 5, 12, 19, 26  
May 3, 10, 17, 24, 31  
June 7, 14

2 week break June 21 & 28

Cost is \$5 per class or \$25 for annual Women's Connection Membership (membership covers all Exercise Sessions and monthly "Girl Talks"). To register, please call (440) 887-2783.