



Frequently Asked Questions....

• How do I become a member?

-You need to go to the office at the center and speak to one of the employees about what it is you are interested in.

• What are the requirements?

- All citizens within the community are welcomed to join the center and use all that it has to offer.

• When can I use the center?

- Fitness Center is open

AM HOURS

Monday-Wednesday-Friday

6am - 12:30pm

Tuesday & Thursday

8am - 12:30pm

PM HOURS

Monday & Wednesday

4pm - 7:30pm

Tuesday & Thursday

4pm - 8:30pm

Friday evenings - closed

- Class times may be reserved at management's discretion. Hours will be posted on door.

• How much does it cost?

-\$15 for a session membership. Each session is approximately 3 months long.

-Additional \$15 for any classes

WE ACCEPT
CASH—CHECK—MONEY ORDER

What Else Do We Have To Offer?

Youth Open Gym

Tuesday - Wednesday -Thursday

4:00pm - 5:30pm

Indoor Walking

Tuesday - Wednesday

Thursday - Friday

9:00am - 12:00 pm

Adult Volleyball

Monday

5:00pm - 6:30pm

Adult Open Gym

Tuesday -Thursday

6:00pm - 9:00pm

City of Youngstown
Department of Parks & Recreation
Arlington Heights Recreation Center

801 Park Avenue
Youngstown, Ohio 44510

(330) 747-3299

ARLINGTON HEIGHTS RECREATION CENTER



Join Now!!!

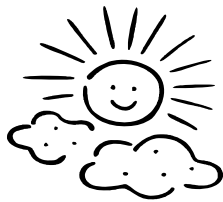
New Facility Great Equipment Low Prices

AHRC
801 Park Avenue
Youngstown, Ohio 44510
(330) 747-3299

Why Should I Join the Fitness Center?

There are many benefits to physical activity, at any age or ability. Here are just a few:

- More energy
- Better sleep
- Weight loss
- More range of motion
- Lower blood pressure
- Lower cholesterol
- Increased bone density
- Lower risk for heart disease, diabetes, and cancer.
- Better social life
- Improved mood
- Reduced Stress
- Better Self Image
- Reduced depression



People who exercise regularly report being healthier and happier.

Inquire about Personal Training



Early Bird Exercise Class
Monday 6:00 am - 7:00 am

Seniors Exercise Class
Monday 9:00 am - 10:00 am

Adult Evening Exercise Class
Monday 7:00 pm - 8:00 pm

GET FIT & STAY HEALTHY

Line Dancing



Classes are held on Wednesdays

Beginner
6:00 pm - 7:00 pm

Advanced
7:00 pm - 8:00 pm

LEARN THE HOTTEST LINE DANCES OUT. GET READY FOR RECEPTIONS, GRADUATIONS AND OTHER EVENTS. DON'T JUST STAND THERE.....

DANCE!!!!