JEFFERSON AREA:

Jefferson Community Center

Address: 27 East Jefferson Street, Jefferson, Ohio 44047
Email Address: reccenter@jeffersonohio.us
Contact: Allison Brown
Phone Number: (440) 576-9052
Venue of Exercise: Contact Center for fees and cost
Youth Programs / Activities: Gymnastics, Soccer, Tball, Music lessons, Karate, Kiroshi, Cheerleading, Teen Dances, Certified Preschool, Skate Park, and more.

Adult Programs / Activities: Fitness Center, Fitness Classes (Senior Yoga, Yoga, Pilates, Body
    Blast and Chair Exercise class) Dance, Arts and Crafts,
    Music Lessons, and more.

Jefferson Methodist United Methodist Church

Address: 125 East Jefferson Street, Jefferson, Ohio 44047

Web Address: http://jeffersonumc.com/index.htm

Contact: Pat Cramer, Secretary

Phone Number: (440) 576-4561

Venue of Exercise: Low Impact/ Weight Bearing

Strong Women- Tues. & Thursday (September through May) 5:00pm -5:45pm. Cost $1.00

ORWELL

Curves

Address: 91 Grand Valley Ave, Orwell, OH

WEB site : http://www.curves.com

Phone Number: (440 473-7888

Venue of Exercise: Offer Women A Place To Exercise and Maintain Weight. 30 Minutes of Cardio and Strength Training. Monthly fee

Grand Valley Karate Academy

Address: 13 North Maple Street P.O. box 557 Orwell, Ohio
Email Address: Website- gvkarate.com
Contact: Michael Fiorello
Phone Number: (440)437-6311
Venue of Exercise: Karate Lessons for children and adults
Classes are held every Monday and Wednesday.

Grand Valley Zumba Training

Address: 111 Grand Valley Avenue West Orwell, Ohio 44076
Email Address: arleen.kovats@neomin.org
Website: http://www.grandvalley.k12.oh.us
Contact: Arleen Kovats
Phone Number: (440) 645-7369
Venue of Exercise: Zumba

Grand Valley Fitness

Address: 5324 Ohio Rt. 45 Rome, Ohio 44085
Email Address: Website www.grandvalleyfitness.com
Phone Number: (440) 563-3040

Venue of Exercise: Gym and equipment. Call for rate information. Special rate plan for Senior Citizens, Students, Law Enforcement, Fire Department and Ambulance Employees.