










JANUARY

The Brooklyn Recreation Center January 2022 Fitness Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12:00-1:00 am Jazzercise-extra <i>cost applies</i></p> <p>2-2:45 pm Shallow Hydro Fit W/Sandy</p> 	<p>9:00-10:00 am SS Chair Yoga W/Sandy @ the Senior Center</p> <p>9:30-10:10am SS Circuit W/JoAnn</p> <p>10:30-11:15 am Deep Water Cardio w/JoAnn</p> <p>4:15-5:00 pm Yoga w/Janice</p> <p>5:30-6:30 pm Jazzercise-extra <i>cost applies</i></p> 	<p>9:00-9:45 am SS classic Plus w/ Sandy @ the Senior Center</p> <p>9:15-10:00 am SS Yoga W/Robin</p> <p>10:30-11:15 am SS Splash w/ Sandy</p> <p>11:45-12:30 pm Shallow Hydro Fit W/Sandy</p> <p>5:30-6:30 pm Jazzercise-extra <i>cost applies</i></p> <p>7-7:55 pm Yoga w/Orva</p> 	<p>9:00-10:00 am SS Chair Yoga W/Sandy @ the Senior Center</p> <p>9:30-10:10am SS Circuit W/JoAnn</p> <p>10:30-11:15 am Deep Water Cardio w/JoAnn</p> <p>5:30-6:30 pm Jazzercise-extra <i>cost applies</i></p> 	<p>9:00-9:45 am SS classic Plus w/ Sandy @ the Senior Center</p> <p>9:15-10:00 am SS Yoga W/Robin</p> <p>10:30-11:15 am SS Splash w/ Sandy</p> <p>11:45-12:30 pm Shallow Hydro Fit W/Sandy</p> <p>5:30-6:30 pm Jazzercise-extra <i>cost applies</i></p> <p>6-6:45 pm Deep water w/ Steph</p> <p>7-7:55 pm Yoga w/Janice</p>	<p>9:15-10:00 am SS Yoga W/Robin</p>   	<p>9-10 am Jazzercise-extra <i>cost applies</i></p> <p>11:00-11:45 am Shallow Water w/ Steph</p>  

For more information go to www.brooklynrec.com call 216-351-5334 or email us at recinfo@brooklynohio.gov

All classes are subject to cancellation