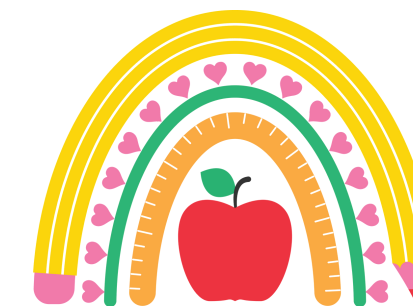






# hello AUGUST

## AUGUST 2022 FITNESS SCHEDULE



| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|---|--|--|--|---|---|---|
| <p><b>10-11 am</b><br/>Jazzercise<br/>extra cost applies</p> <p><b>2-245 pm</b><br/>Hydro Fit w/Sandy<br/>(outdoor pool)</p>  | <p><b>9-10 am</b><br/>SS Chair Yoga<br/>W/Sandy @ the Senior Center</p> <p><b>9:30-10:10 am</b><br/>SS Circuit W/ JoAnn</p> <p><b>10:30-11:15 am</b><br/>Deep Water Cardio<br/>W/ JoAnn</p> <p><b>4:15-5 pm</b><br/>Yoga W/Janice</p> <p><b>5:30-6:30 pm</b><br/>Jazzercise<br/>extra cost applies</p> | <p><b>9-9:45 am</b><br/>SS Classic Plus<br/>W/Sandy @ the Senior Center</p> <p><b>9:15-10 am</b><br/>SS Yoga W/ Robin</p> <p><b>10:30-11:15 am</b><br/>SS Shallow Splash<br/>W/Sandy<br/>( Outdoor Pool)</p> <p><b>11:45-12:30 pm</b><br/>Hydro Fit W/Sandy<br/>( Indoor Pool)</p> <p><b>5:30-6:30 pm</b><br/>Jazzercise<br/>extra cost applies</p> <p><b>7-7:55 pm</b><br/>Yoga W/ Orva</p> | <p><b>9-10 am</b><br/>SS Chair Yoga<br/>W/Sandy @ the Senior Center</p> <p><b>9:30-10:10 am</b><br/>SS Circuit W/ JoAnn</p> <p><b>10:30-11:15 am</b><br/>Deep Water Cardio<br/>W/ JoAnn</p> <p><b>5:30-6:30 pm</b><br/>Jazzercise<br/>extra cost applies</p>  | <p><b>9-9:45 am</b><br/>SS Classic Plus<br/>W/Sandy @ the Senior Center</p> <p><b>9:15-10 am</b><br/>SS Yoga W/ Robin</p> <p><b>10:30-11:15 am</b><br/>SS Shallow Splash<br/>W/Sandy<br/>(Indoor Pool)</p> <p><b>11:45-12:30 pm</b><br/>Hydro Fit W/Sandy<br/>( Indoor Pool)</p> <p><b>5:30-6:30 pm</b><br/>Jazzercise<br/>extra cost applies</p> <p><b>6-6:45 pm</b><br/>Deep Water<br/>W/Steph</p> <p><b>7-7:55 pm</b><br/>Yoga W/ Janice</p> | <p><b>9:15-10 am</b><br/>SS Yoga W/ Robin</p> <p><b>10:30-11:15 am</b><br/>Aqua Fitness<br/>W/JoAnn<br/>(Outdoor Pool)</p> <p><b>12-1 pm</b><br/>Jazzercise<br/>extra cost applies<br/>(First three weeks only)</p>  | <p><b>9-10 am</b><br/>Jazzercise<br/>extra cost applies</p> <p><b>10:30-11:25 am</b><br/>Yoga W/ Janice</p> <p><b>11-11:45 am</b><br/>Shallow Water<br/>W/Steph<br/>(Indoor Pool)</p>  |

For more information go [www.brooklynrec.com](http://www.brooklynrec.com), call 216-351-5334, or e-mail us at [recinfo@brooklynohio.gov](mailto:recinfo@brooklynohio.gov)  
ALL CLASSES ARE SUBJECT TO CANCELLATION

