

HAPPY  
*Thanks giving*

# NOVEMBER 2022 FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>12-1pm</b> Jazzercise extra cost applies</p> <p><b>2-245 pm</b> Hydro Fit w/Sandy</p> 	<p><b>9-10 am</b> SS Chair Yoga W/Sandy @ the Senior Center</p> <p><b>9:30-10:10 am</b> SS Circuit W/ JoAnn</p> <p><b>10:30-11:15 am</b> Deep Water Cardio W/ JoAnn</p> <p><b>4:15-5 pm</b> Yoga W/Janice</p> <p><b>5:30-6:30 pm</b> Jazzercise extra cost applies</p>	<p><b>9-9:45 am</b> SS Classic Plus W/Sandy @ the Senior Center</p> <p><b>10:30-11:15 am</b> SS Shallow Splash W/Sandy</p> <p><b>11:45-12:30 pm</b> Hydro Fit W/Sandy</p> <p><b>5:30-6:30 pm</b> Jazzercise extra cost applies</p> <p><b>7-7:55 pm</b> Yoga W/ Orva</p>	<p><b>9-10 am</b> SS Chair Yoga W/Sandy @ the Senior Center</p> <p><b>9:30-10:10 am</b> SS Circuit W/ JoAnn</p> <p><b>10:30-11:15 am</b> Deep Water Cardio W/ JoAnn</p> <p><b>5:30-6:30 pm</b> Jazzercise extra cost applies</p> 	<p><b>9-9:45 am</b> SS Classic Plus W/Sandy @ the Senior Center</p> <p><b>10:30-11:15 am</b> SS Shallow Splash W/Sandy</p> <p><b>11:45-12:30 pm</b> Hydro Fit W/Sandy</p> <p><b>5:30-6:30 pm</b> Jazzercise extra cost applies</p> <p><b>6-6:45 pm</b> Shallow Water W/Steph</p> <p><b>7-7:55 pm</b> Yoga W/ Janice</p>	 	<p><b>9-10 am</b> Jazzercise extra cost applies</p> <p><b>10:30-11:25 am</b> Yoga W/ Janice</p> <p><b>11-11:45 am</b> Shallow Water W/Steph</p>
<p>For more information go <a href="http://www.brooklynrec.com">www.brooklynrec.com</a>, call 216-351-5334, or e-mail us at <a href="mailto:recinfo@brooklynohio.gov">recinfo@brooklynohio.gov</a> ALL CLASSES ARE SUBJECT TO CANCELTION</p>						

SS\* Silver Sneakers