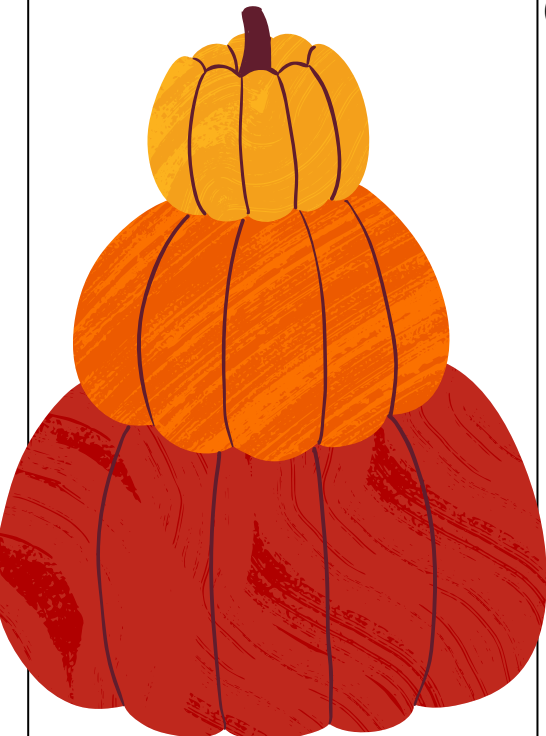





NOVEMBER 2023 FITNESS SCHEDULE

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Noon-1pm Jazzercise extra cost applies</p> <p>2-245 pm Hydro Fit w/Sandy</p> 	<p>9-10 am SS Chair Yoga W/Sandy @ the Senior Center</p> <p>9:30-10:10 am SS Circuit W/ JoAnn</p> <p>10:15am - 11:00am SS Dance Moves w/Sandy @ the Senior Center</p> <p>10:30-11:15 am Deep Water Cardio W/ JoAnn</p> <p>4:15-5 pm Yoga W/Janice</p> <p>5:30-6:30 pm Jazzercise extra cost applies</p>	<p>9-9:45 am SS Classic Plus W/Sandy @ the Senior Center</p> <p>10:30-11:15 am SS Shallow Splash W/Sandy</p> <p>11:45-12:30 pm Hydro Fit W/Sandy</p> <p>1:00pm-1:45pm SS Stability & Flexibility w/Robin (@ the Senior Center)</p> <p>5:30-6:30 pm Jazzercise extra cost applies</p> <p>7-7:55 pm Yoga W/ Orva</p>	<p>9-10 am SS Chair Yoga W/Sandy @ the Senior Center</p> <p>9:30-10:10 am 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 cost applies</p> 	<p>9-9:45 am SS Classic Plus W/Sandy @ the Senior Center</p> <p>10:30-11:15 am SS Shallow Splash W/Sandy</p> <p>11:45-12:30 pm Hydro Fit W/Sandy</p> <p>1:00pm - 1:45pm SS Yoga w/Robin (@ the Senior Center)</p> <p>5:30-6:30 pm Jazzercise extra cost applies</p> <p>6-6:45 pm Shallow Water W/Steph</p> <p>7-7:55 pm Yoga W/ Janice</p>	<p>9:30am - 10:10am SS Circuit with JoAnn (Rec Community Room)</p> <p>10:30 - 11:15am Deep Water Cardio w/ JoAnn</p> 	<p>9-10 am Jazzercise extra cost applies</p> <p>10:30-11:25 am Yoga W/ Janice</p> <p>11-11:45 am Shallow Water W/Steph</p> 

SS* Silver Sneakers

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

***If no SS or a Non Member - Classes are \$2 walk-in**

ALL CLASSES ARE SUBJECT TO CANCELTION



All other classes (with no membership) are priced as follows: Resident: \$4 Partnership \$5 Non Resident \$6

A \$5 i.d. card is required