



MARCH 2024 FITNESS SCHEDULE



March



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

SS* Silver Sneakers

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

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

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