APRIL 2 0 2 4

FITNESS SCHEDULE

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

SS* Silver Sneakers

For more information go www.brooklynrec.com, call 216-351-5334, or e-mail us at recinfo@brooklynohio.gov **ALL CLASSES ARE SUBJECT TO CANCELATION** *If no SS or a Non Member - Classes are \$2 walk-in

