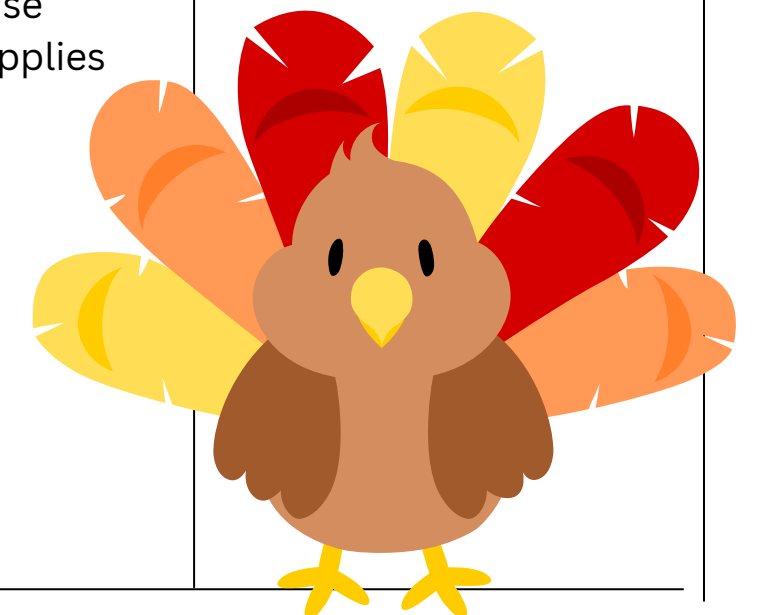


# NOVEMBER 2024 FITNESS SCHEDULE

# November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Noon - 1pm</b> Jazzercise extra cost applies</p> <p><b>2-245 pm</b> Hydro Fit w/Sandy</p>	<p><b>8:15am - 9am</b> SS Circuit w/ JoAnn</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>10:15am - 11:00am</b> SS Dance Moves w/Sandy @ the Senior Center</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>1:00pm-1:45pm</b> SS Stability &amp; Flexibility w/Robin @ the Senior Center</p> <p><b>5:30-6:30 pm</b> Jazzercise extra cost applies</p> <p><b>6-6:45 pm</b> Shallow Water Aqua Extreme W/Steph</p> <p><b>6:15pm - 7pm</b> SS Yoga w/Dale @ the Senior Center</p> <p><b>7-7:55 pm</b> Yoga W/ Orva</p>	<p><b>8:15am - 9am</b> SS Circuit w/JoAnn</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>HAPPY THANKS GIVING</b></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>1:00pm - 2pm</b> SS Yoga w/Robin (@ the Senior Center)</p> <p><b>5:30-6:30 pm</b> Jazzercise extra cost applies</p> <p><b>6-6:45 pm</b> Shallow Water Aqua Extreme W/Steph</p> <p><b>7-7:55 pm</b> Yoga W/ Janice</p>	<p><b>8:15am - 9am</b> SS Circuit w/JoAnn</p> <p><b>9:30am - 10:10am</b> SS Circuit with JoAnn</p> <p><b>*NEW CLASS*</b> <b>10am - 10:45am</b> SS Classic w/Robin @ Senior Center</p> <p><b>10:30am - 11:15am</b> Deep Water Cardio w/ JoAnn</p> <p><b>Noon-1pm</b> Jazzercise extra cost applies</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>



**SS\* Silver Sneakers**

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)

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

**ALL CLASSES ARE SUBJECT TO CANCELATION**



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

A \$5 i.d. card is required