HAPPY

JANUARY 2025

ITNESS SCHEDULE



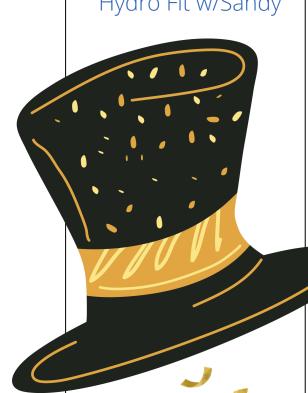
Noon - 1pm

SUNDAY

lazzercise extra cost applies

2-245 pm

Hydro Fit w/Sandy



8:15am - 9am

MONDAY

SS Circuit w/ JoAnn

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

lazzercise -extra cost applies

9-9:45 am

TUESDAY

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

lazzercise extra cost applies

6-6:45 pm

Shallow Water Agua Extreme W/Steph

NEW CLASS TIME

6pm - 6:45pm

SS Yoga w/Dale @ the Senior Center

> 7-7:55 pm Yoga W/ Orva

8:15am - 9am

WEDNESDAY

SS Circuit w/loAnn

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

lazzercise extra cost applies

Shallow Water Agua Extreme

7-7:55 pm

Yoga W/ Janice

THURSDAY

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 - 2pm

SS Yoga w/Robin

(@ the Senior Center)

5:30-6:30 pm

lazzercise

extra cost applies

6-6:45 pm

W/Steph

SS Circuit with JoAnn

10am - 10:45am

SS Classic w/Robin @ Senior Center

10:30am - 11:15am

Deep Water Cardio

w/ JoAnn

Noon-1pm

Jazzercise extra cost applies 9-10 am

lazzercise extra cost applies

10:30-11:25 am

Yoga W/ Janice

11-11:45 am

Shallow Water W/Steph

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

