

F E B R U A R Y 2 0 2 5 FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Noon - 1pm	8:15am - 9am	9-9:45 am	8:15am - 9am	9-9:45 am	8:15am - 9am	9-10 am
Jazzercise	SS Circuit w/ JoAnn	SS Classic Plus W/Sandy @ the Senior Center	SS Circuit w/JoAnn	SS Classic Plus	SS Circuit w/JoAnn	Jazzercise
extra cost applies	9-10 am	the Jernor Certici		W/Sandy @ the Senior		extra cost applie
Acia cost applies	SS Chair Yoga	10:30-11:15 am	9-10 am	Center	9:30am - 10:10am	
2 245 nm	W/Sandy @ the	SS Shallow Splash W/Sandy	SS Chair Yoga W/Sandy	10:30-11:15 am	SS Circuit with JoAnn	10:30-11:25 an
2-245 pm Hydro Fit w/Sandy	Senior Center	11:45 12:20 pm	@ the Senior Center	SS Shallow Splash	10 10.45	Yoga W/ Janice
	9:30-10:10 am	11:45-12:30 pm Hydro Fit W/Sandy		W/Sandy	10am - 10:45am	O J
	SS Circuit W/ JoAnn	Trydro Tie W/Janay	9:30-10:10 am		SS Classic w/Robin @ Senior Center	11-11:45 am
	33 chi cale 117 jor ani	*NEW CLASS*	SS Circuit W/ JoAnn	11:45-12:30 pm	@ Sellior Certicer	Shallow Water
	10:15am - 11:00am	2:00pm-2:45pm		Hydro Fit W/Sandy	10:30am - 11:15am	
	SS Dance Moves	SS Stability & Strength	10:30-11:15 am		Deep Water Cardio	W/Steph
	w/Sandy	w/JoAnn @ the Senior Center	Deep Water Cardio	4.00	w/ JoAnn	
	@ the Senior Center	w the sellior center	W/ JoAnn	1:00pm - 2pm SS Yoga w/Dale		
	10:30-11:15 am	5:30-6:30 pm	*** j	(@ the Senior Center)	Noon-1pm	
	Deep Water Cardio	Jazzercise 	5:30-6:30 pm	(Jazzercise	
	W/ JoAnn	extra cost applies	Jazzercise	5:30-6:30 pm	extra cost applies	
	4:15-5 pm	6-6:45 pm	extra cost applies	Jazzercise		
	Yoga W/Janice	Shallow Water Aqua Extreme		extra cost applies		
	5:30-6:30 pm	W/Steph		6 6:45 nm		
	Jazzercise -extra cost applies	Gnm GIAEnm		6-6:45 pm Shallow Water Aqua Extreme		
		6pm - 6:45pm SS Yoga w/Dale		W/Steph		
		@ the Senior Center				
		7 7:55 nm	be my	7-7:55 pm		
		7-7:55 pm Yoga W/ Orva	Valentine	Yoga W/ Janice		
		1000 117 0114				

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

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

A \$5 i.d. card is required