

M A Y 2 0 2 5

FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am -11pm	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
xtra cost applies	9-10 am	the semon center		W/Sandy @ the Senior Center	9:30am - 10:10am	extra cost applie
	SS Chair Yoga	10:30-11:15 am	9-10 am	33.133.	SS Circuit with JoAnn	40.00.44.00
2-245 pm	W/Sandy @ the	SS Shallow Splash W/Sandy	SS Chair Yoga	10:30-11:15 am	33 Circuit With 30Aiiii	10:30-11:25 am
Hydro Fit w/Sandy	Senior Center	11:45-12:30 pm	W/Sandy @ the	SS Shallow Splash	10am - 10:45am	Yoga W/ Janice
	9:30-10:10 am	Hydro Fit W/Sandy	Senior Center	W/Sandy	SS Classic w/Robin	
	SS Circuit W/ JoAnn			44.4F 42.20 mm	@ Senior Center	11-11:45 am
	10:15am - 11:00am	2:00pm-2:45pm	9:30-10:10 am	11:45-12:30 pm Hydro Fit W/Sandy		Shallow Water
	SS Dance Moves	SS Stability & Strength w/JoAnn	SS Circuit W/ JoAnn	Trydro Fit W/Sandy	10:30am - 11:15am	W/Steph
	w/Sandy	@ the Senior Center	40.00.44.45		Deep Water Cardio w/ JoAnn	
	@ the Senior Center		10:30-11:15 am	1:00pm - 2pm	W/ JOAIIII	
	10:30-11:15 am	5:30-6:30 pm Jazzercise	Deep Water Cardio	SS Yoga w/Dale	Noon-1pm	
	Deep Water Cardio	extra cost applies	W/ JoAnn	(@ the Senior Center)	Jazzercise	
	W/ JoAnn		5:30-6:30 pm	5:30-6:30 pm	extra cost applies	
	4:15-5 pm	6-6:45 pm	Jazzercise	Jazzercise		\
	Yoga W/Janice	Shallow Water Aqua Extreme	extra cost applies	extra cost applies	1:00pm - 1:45pm	
	5:30-6:30 pm	W/Steph	• •	6 6:4E nm	SS EnerChi w/Marie @ Senior Center	
	Jazzercise -			6-6:45 pm Shallow Water Aqua	w semon semen	
	extra cost applies	6pm - 6:45pm SS Yoga w/Dale		Extreme		
		@ the Senior Center		W/Steph		
		7-7:55 pm	W W	7 7.55	6 €	
	1 (()	Yoga W/ Orva		7-7:55 pm		
				Yoga W/ Janice		

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

