## J U N E 2 0 2 5

## FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am -11pm	8:15am - 9am	9-9:45 am SS Classic Plus W/Sandy	8:15am - 9am	9-9:45 am	8:15am - 9am	9-10 am
Jazzercise	SS Circuit w/ JoAnn	@ the Senior Center	SS Circuit w/JoAnn	SS Classic Plus W/Sandy @ the Senior	SS Circuit w/JoAnn	Jazzercise
extra cost applies	9-10 am	10:30-11:15 am		Center	0.20 10.10	extra cost applies
	SS Chair Yoga	SS Shallow Splash	9-10 am		9:30am - 10:10am	40.00.44.00
2-245 pm	W/Sandy @ the	W/Sandy	SS Chair Yoga	10:30-11:15 am	SS Circuit with JoAnn	10:30-11:25 am
Hydro Fit w/Sandy	y Senior Center	11:4E 12:20 nm	W/Sandy @ the	SS Shallow Splash	10am - 10:45am	Yoga W/ Janice
	9:30-10:10 am	11:45-12:30 pm Hydro Fit W/Sandy	Senior Center	W/Sandy	SS Classic w/Robin	
	SS Circuit W/ JoAnn	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		44.45.40.00	@ Senior Center	11-11:45 am
	40.45 44.00	2:00pm-2:45pm	9:30-10:10 am	11:45-12:30 pm	C same same	Shallow Water
	10:15am - 11:00am SS Dance Moves	SS Stability & Strength w/JoAnn	SS Circuit W/ JoAnn	Hydro Fit W/Sandy	10:30am - 11:15am	W/Steph
	w/Sandy	@ the Senior Center	40.20 44.45 0.00	1:00pm - 2pm	<b>Deep Water Cardio</b>	
	@ the Senior Center		10:30-11:15 am	SS Yoga w/Dale	w/ JoAnn	
		5:30-6:30 pm Jazzercise	Deep Water Cardio	(@ the Senior Center)		
	10:30-11:15 am	extra cost applies	W/ JoAnn		Noon-1pm	
	Deep Water Cardio W/ JoAnn		5:30-6:30 pm	5:30-6:30 pm	Jazzercise	
		6-6:45 pm	Jazzercise	Jazzercise	extra cost applies	
	4:15-5 pm Yoga W/Janice	Shallow Water Aqua Extreme	extra cost applies	extra cost applies	1:00pm - 1:45pm	
	Toga w/jailice	W/Steph	''	6-6:45 pm	SS EnerChi w/Marie	OF
	5:30-6:30 pm			Shallow Water Aqua	@ Senior Center	
	Jazzercise -extra cost	6pm - 6:45pm		Extreme		
	applies	SS Yoga w/Dale @ the Senior Center		W/Steph		
		7-7:55 pm		7-7:55 pm		()
		Yoga W/ Orva		Yoga W/ Janice	9 3 9 1 1	

**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

