

# 2026



# JANUARY 2026 FITNESS SCHEDULE

# January



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Noon -1pm</b> <b>Jazzercise</b> extra cost applies</p> <p><b>2-245 pm</b> <b>Hydro Fit w/Sandy</b></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> <b>SS Classic Plus W/Sandy</b> <b>@ the Senior Center</b></p> <p><b>10:30-11:15 am</b> <b>SS Shallow Splash</b> <b>W/Sandy</b></p> <p><b>11:45-12:30 pm</b> <b>Hydro Fit W/Sandy</b></p> <p><b>2:00pm-2:45pm</b> <b>SS Stability &amp; Strength</b> <b>w/JoAnn</b> <b>@ the Senior Center</b></p> <p><b>5:30-6:30 pm</b> <b>Jazzercise</b> extra cost applies</p> <p><b>6:15-7:00 pm</b> <b>Aquasize</b> <b>w/JoAnn</b></p> <p><b>6pm - 6:45pm</b> <b>SS Yoga w/Dale</b> <b>@ the Senior Center</b></p> <p><b>7-7:55 pm</b> <b>Yoga w/ Orva</b></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>9-9:45 am</b> <b>SS Classic Plus</b> <b>w/Sandy @ the Senior</b> <b>Center</b></p> <p><b>10:30-11:15 am</b> <b>SS Shallow Splash</b> <b>w/Sandy</b></p> <p><b>11:45-12:30 pm</b> <b>Hydro Fit w/Sandy</b></p> <p><b>1:00pm - 2pm</b> <b>SS Yoga w/Dale</b> <b>(@ the Senior Center)</b></p> <p><b>5:30-6:30 pm</b> <b>Jazzercise</b> extra cost applies</p> <p><b>6:15-7:00 pm</b> <b>SS Splash w/Sue</b></p> <p><b>7-7:55 pm</b> <b>Yoga w/ Janice</b></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>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>1:00pm - 1:45pm</b> SS EnerChi w/Marie @ Senior Center</p>	<p><b>9-10 am</b> <b>Jazzercise</b> extra cost applies</p> <p><b>10:30-11:25 am</b> <b>Yoga w/ Janice</b></p> <p><b>11-11:45 am</b> <b>Aquasize w/JoAnn</b></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