



GET FIT WEEK

FREE CLASSES

January 25-31

**30+ EXERCISE CLASSES WEEKLY
OFFERED AT THE BROOKLYN REC**

BONUS SATURDAY

- 9:00 Jazzercise
- 10:30 Silver Sneaker Yoga
- 11:30 Splash Class (shallow water)
- 12:30 Chronic Joint Pain Seminar
- 2:00 Jazzercise
- 4:00 Chronic Joint Pain Seminar

BONUS SUNDAY

- 10:30 Splash Class (shallow water)
- 12:00 Jazzercise
- 1:30 Basic Flow Yoga
- 3:30 Jazzercise

**WEEKLY CLASS SCHEDULES
AVAILABLE AT THE FRONT DESK.
216.351.5334**