



## **FITNESS CLASSES OFFERED AT CANOE BROOK CENTER Winter 2019**

Canoe Brook offers a variety of programs to help you maintain a healthy, fit lifestyle. One \$24 fitness fee payable every 6 months is all it costs, WOW! No more excuses! ☺  
Contact Nancy at 203-315-0684 or [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov) to sign up.

<b>Class</b>	<b>Instructor</b>	<b>Day</b>	<b>Time</b>
<b>Aerobics</b>	Laura Richling	M & W	8:10 a.m.
<b>Qigong</b>	Alanna Keating	Mon	9:15 a.m. (no fee)
<b>Yoga - Beginner</b>	Lynda Knox	Tue	9:00 a.m.
<b>Yoga - Advanced</b>	Linda Knox	Tue	10:00 a.m.
<b>Tai Chi- Beginner</b>	Suzanne Hanley	Tue	2:30 p.m.
<b>Swimming</b>	Kim Healy	M-TH	6:50 a.m.
<b>Yoga - Intermediate</b>	Lynda Knox	Thurs	9:00 a.m.
<b>Yoga - Introduction</b>	Lynda Knox	Thurs	10:00 a.m.
<b>Tai chi - Advanced</b>	Suzanne Hanley	Thurs	2:30 p.m.
<b>Cardio Fun</b>	Laura Richling	Fri	8:10 a.m.
<b>Tap Dancing</b>	Mardyann Goglia	Fri	10:00 a.m.
<b>Chair Tai Chi</b>	Alanna Keating	Fri	10:00 a.m. (no fee)
<b>Wii- Bowling/Golf</b>	No instructor	Mon & Wed	9:00 a.m. (no fee)

**Aerobics** taught by certified instructor Laura Richling, classes are designed specifically for seniors. Laura helps an energetic group stay fit. All fitness levels are welcome to join the class M&W at 8:10 a.m.

**QiGong** is a mind-body-spirit practice that improves one's mental & physical health by integrating posture, movement, breathing techniques & more! Meets on Monday at 9:15 a.m. with volunteer instructor Alanna Keating

**Yoga**: Beginner, advanced, intermediate and new beginner yoga classes are offered Tues. & Thur. mornings. Led by certified instructor Lynda Knox our classes are designed for seniors to promote healthy aging and increased flexibility. Class size is limited to ensure that the needs of all participants are addressed. Currently there is a small waiting list for all levels. Beg: Tue 9am, Adv: Tue 10am, Intermediate: Thu 9am, New Beg: Thu 10am

**Tai chi**, an ancient form of Chinese exercise originated in the 12<sup>th</sup> Century, focuses on slow fluid movements. Tai chi teaches balance with proper breathing and promotes health and well-being. Beginner: Tue 2:30 p.m. and Advanced: Thu 2:30 p.m. Both classes are taught by Suzanne Hanley.

**Swimming** in the early morning will get your day off to a great start! Under the supervision of lifeguard Kim Healy; free swims (no formal instruction) are held 6:50 – 7:00 a.m. Mon. - Thu. at Walsh Intermediate School.

**Chair Tai Chi** is taught by volunteer Alanna Keating on Friday at 10:00 a.m. Improve your strength, balance, health, mobility & flexibility while sitting in a chair.

**Tap Dancing** with Mardyann Goglia is a moving experience! Learn the time step, shuffle, brush, grapevine, Suzy Q and more! The first part of the class is spent on learning the steps and then Mardyann puts the steps to music for the students to learn a choreographed routine. Tap shoes must be worn to class. Contact Nancy on where to purchase the shoes. Fridays at 10:00 a.m.

**Cardio Fun** is a great change of pace from other workout routines that is set to good music and easy movements. Class is on Fridays at 8:10 a.m.

**Wii** is a virtual gaming experience where you can play your favorite sport with a wireless controller indoors without worrying about outdoor weather conditions. Get fit while having fun!