FITNESS CLASSES OFFERED AT CANOE BROOK CENTER Winter 2017

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 to sign up.

Class	Instructor	Day	Time
Aerobics	Laura Richling	M & W	8:10 a.m.
Silk Reeling	Alanna Keating	Mon	9:15 a.m. (no fee)
Yoga - Beginner	Lynda Knox	Tue	9:00 a.m.
Yoga - Advanced	Linda Knox	Tue	10:00 a.m.
Tai Chi- Beginner	Suzanne Hanley	Tue	2:30 p.m.
Swimming	Kim Healy	M-F	7:10 a.m.
Yoga - Intermediate	Lynda Knox	Thurs	9:00 a.m.
Yoga - New Beginner	Lynda Knox	Thurs	10:00 a.m.
Tai chi - Advanced	Suzanne Hanley	Thurs	2:30 p.m.
Zumba Gold	Laura Richling	Fri	8:10 a.m.
Tap Dancing	Mardyann Goglia	Fri	10:00 a.m.
Chair Tai Chi	Alanna Keating	Fri	10:00 a.m. (no fee)
Line Dancing	Staff	Fri	1:30 p.m. (no fee)
Wii- Bowling/Golf	No instructor	M & W	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.

Tai Chi Silk Reeling: The movements are slow and benefit the whole body. 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 12th 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 7:10 - 8:00 a.m. Mon. – Fri. 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.

Line Dancing Get in step with the latest line dances and you'll learn some great moves! Line dancing is great for memory because with dancing one must remember the sequence of the steps. Classes are held on Fridays at 1:30 p.m.

Zumba Gold is a fusion of Latin & international music & dance that creates an exciting and effective cardio workout geared for older adults. 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!