



FITNESS CLASSES OFFERED AT CANOE BROOK CENTER

Canoe Brook offers a variety of programs to help you maintain a healthy, fit lifestyle. One \$24 fee payable every 6 months is all it costs. Class size limited, please contact Nancy Cohen at 315-0684 or ncohen@branford-ct.gov to check availability and sign up.

Check it out -- we'd love to have you join us!

Aerobics with Laura Richling	MW	8:10 a.m.	
Zumba with Laura Richling	F	8:10 a.m.	
Wii Bowling	M	9:00 a.m.	(No charge)
Wii Tennis/Archery	Wed	9:00 a.m.	(No charge)
Wii Golf	Thu	8:30 a.m.	(No charge)
Yoga with Lynda Knox	Tu	9:00 a.m.	Beginner class
Yoga with Lynda Knox	Tu	10:00 a.m.	Advanced class
Yoga with Lynda Knox	Th	9:00 a.m.	Intermediate class
Yoga with Lynda Knox	Th	10:00 a.m.	New Beginner class
Swimming with Kim Healy	M-F	7:10 a.m.	
Tap Dancing with Mardyann Goglia	F	10:00 a.m.	
Line Dancing	F	1:30 p.m.	(No charge)
Tai chi with Suzanne Hanley	Thu	2:30 p.m.	

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. M-W at 8:00 a.m.

Zumba taught by certified instructor Laura Richling. A refreshingly new type of class, the moves are dance-based to the rhythms of Latin music. Fun, hip, and easy to do, you'll love this class!

Wii is a unique virtual social gaming experience where you can play your favorite sport with a wireless controller indoors without worrying about outdoor weather conditions. Get together with friends to join them in this new phenomenon that's sweeping the nation!

Yoga: Beginner and intermediate yoga classes are offered Tuesday and Thursday 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 waiting list for both classes. Please call Nancy to be placed on the waiting list. Beginner: TuTh 9:00 a.m. Intermediate: TuTh 10:00 a.m.

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 daily 7:10 a.m. - 8:50 a.m. Monday through Friday at the Intermediate School Pool on Damascus Road.

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 with a Senior volunteer instructor. 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.

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. There is a waiting list for this class. Contact Nancy to be placed on the waiting list. Classes are held Thursday s at 2:30 p.m.