



FITNESS CLASSES OFFERED AT CANOE BROOK CENTER FALL 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 to sign up.

Class	Instructor	Day	Time
Aerobics	Laura Richling	M & W	8:10 a.m.
Qigong	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.
Corn Hole Toss	No instructor	Tue	10:00 a.m.
Tai Chi - Beginner	Suzanne Hanley	Tue	2:30 p.m.
Yoga - Intermediate	Lynda Knox	Thurs	9:00 a.m.
Yoga - Introduction	Lynda Knox	Thurs	10:00 a.m.
Tai chi - Advanced	Suzanne Hanley	Thurs	2:30 p.m.
Cardio Fun	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)

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 & introduction to 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, Introduction: Thu 10am

Corn Hole Toss: Players take turns throwing bean bags at a raised platform with a hole in the far end where points are scored. This game can be played as doubles or singles. Game is played every Tuesday at 10 a.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. Beginner: Tue 2:30 p.m. and Advanced: Thu 2:30 p.m. Both classes are taught by Suzanne Hanley.

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 tap 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.