

## Adult Programs

### NEW! Professional Marine Education Class- One Day only! Age 12+

This class will cover the information needed to obtain your safe boating certification and personal watercraft certification. Upon completion of the course, students will be able to mail or deliver the diploma to any state DEP office, and combined with an application for certificate and appropriate fee, students will be able to obtain the Certificate of Personal Watercraft Operation.

**When:** May 1, 2010      **Time:** 8:30am-4:30pm  
**Fee:** \$80.00      **Location:** Canton Community Center, Multi-Purpose Room  
**Minimum:** 8 students

### Adult Yoga

Yoga is a simple, amazing connection of body, mind and spirit, great for all ages & body types. Class includes Stretches, breathing techniques and relaxation. It will enhance your physical and mental well being, increase strength, reshape muscles and tone your entire body. It will energize you and improve your overall health, including posture, balance, power and range of motion. It's great for people with back problems and for alleviating muscle soreness and joint inflammation. Yoga will improve your quality of life and keep you looking and feeling better. This class runs continuously throughout the year, 8 week sessions.

**Instructor:** Nancy Brooks  
**When:** Wednesday evenings    **Time:** 7:45pm-8:45pm  
**Next session:** May 19<sup>th</sup>- July 7<sup>th</sup> ( if you would like to join current class, we will pro-rate fee)  
**Fee:** \$75.00      **Min 14/ Max 30**    **Location:** Canton Community Center, Parks & Recreation room

### "Yogilates" (Yoga-Pilates) with MaryEllen

Focus on strengthening your power house: abs, lower back, and buttocks. Work on the muscles in the center of the body that maintain good posture and alignment, along with working on flexibility and strength. Develop correct form and movement to use throughout your life. Class ends with a deep relaxation component. This class runs continuously, for 8 classes each session.

**Instructor:** Mary Ellen Mullins    **When:** Thursdays    **Time:** 10:00 am-11:00 am  
**Dates:** March 25<sup>th</sup>- May 20<sup>th</sup> ( if you would like to join current class, we will pro-rate fee)  
**Fee:** \$68.00    **Min. 8 Max 15**    **Location:** Canton Community Center

### Tai Chi Gentle Movements

Tai Chi is a gentle, easy to learn exercise program. Tai Chi is gaining popularity within the medical community as a complementary program for balance, arthritis, fibromyalgia, diabetes, back pain, and stress. Learn about the benefits, history and evolution. SUN style short form. **Instructor:** Martin Kidder

**When:** ongoing classes, please call for new dates  
**Day:** Tuesdays 6:00pm -7:00pm  
**Fee:** \$66.00 per session    **Location:** Canton Community Center



We are very excited to be able to offer new and improved fitness classes!  
We now have late afternoon Jazzercise ( a cool updated version of the classic!)  
Zumba Gold, ( offered 3 times a week!) Yoga-Pilates, Cross training, Body sculpting , yoga and more. We have made our classes more affordable & convenient ( mornings, afternoons and evening, even Saturdays!) for all residents to come down and workout. Our program room is large, carpeted and air-conditioned. Our new instructors are all certified in the latest techniques and are enthusiastic and motivated to help you shape up. So, throw on some sweats and come on down. Even if it's been a while, we hope you will give our classes a try! Try one class on us!

### NEW! Jazzercise ( ages 14+ )

Think Jazzercise went out with acid washed jeans? Think again! Jazzercise is a 60-minute workout incorporating cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, kick-boxing, and resistance training and bundled them into one hour. Jazzercise will improve your cardiovascular endurance, strength as well. This is a perfect time for teachers or others that work until late afternoon! Bring a mat and light hand weights if you have them!

**Session I:** April 1-April 29<sup>th</sup> ( 9 classes for the price of 8!) **Session II:** May 4th – May 27<sup>th</sup> ( 8 classes)

**Days:** Tuesdays and Thursdays every month! (join us late in April! We will pro-rate classes)

**Time:** 3:45pm – 4:45pm **Instructor:** Laura Radocy

**Cost:** \$50.00 a month **Location:** Parks & Recreation Room, Canton Community Center

### NEW! Monday nights! Body Sculpting /Cardio Combo

For those of you that work all day and want to get in shape, this is a class for you. We scheduled it for you to be after dinner, but not too late- so no excuses! Total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session! We will add in some weights and steps to keep it interesting! (8 week class)

**Dates:** April 26<sup>th</sup>- June 21<sup>st</sup> (no 5/31) **Time:** 6:30pm-7:30pm **Fee:** \$58.00 **Location:** Canton Community Center

### NEW! Zumba Gold-*beginner* ( ages 14+ )

This class is the same as above, but offered on different days and times for your convenience. Zumba beginner is designed for the de-conditioned person that wants to start a fitness routine that is fun and moves at a slower pace. The class is a total body workout set to Latin Rhythms and dance steps. Come and enjoy the health benefits of this feel good aerobic workout! No experience necessary, give it a try!

**Dates:** Saturday classes start April 24<sup>th</sup>, Tuesday April 27<sup>th</sup>, Thursday, April 29th

**Fee:** \$60.00 for 8 classes, \$115.00 for two times per week, \$165.00 for three classes per week for 8 weeks

Offered Tuesdays 9:30am-10:15am, Thursdays 9:30am-10:15am, Thursday evening 6:30pm-7:30pm & Saturdays 10:15am-11:00am **Classes will take place in the Multi-purpose room at Canton Community Center**

### NEW! Cross Training

Cross-Training: a fast-paced mix of cardio and strength exercises (using a variety of equipment) that will challenge, strengthen and tone your muscles and boost your cardio endurance.

We have steps, exercise ball, weights and min-trampolines, so we will make it fun and new each week!

**Instructor:** Jane Latus

**Dates:** April 28<sup>th</sup>- June 15<sup>th</sup> (8 weeks) Wednesdays **Time:** 10:00am-11:00am **Fee:** \$58.00

**Location:** Canton Comm. Ctr. Program room

### Every Body's Exercise Class with Mary Root

Stretch, tone, and flex your way to a healthier you. Work on increasing flexibility, maintaining muscle tone, improving balance and doing it with humor! Participants move at their own level of ability for the best workout possible. Come enjoy the morning with us while working your way to a healthier you!

**When:** Fridays only!

**Time:** 10:30 a.m. -11:30 a.m.

**Fee:** \$15 each month, register at Parks & Recreation

**Location:** Canton Community Center

### Senior Exercise with Denise

Stretch, tone, and flex your way to a healthier you. Work on increasing flexibility, maintaining muscle tone, and improving balance. Participants move at their own level of ability for the best workout possible. Come enjoy the morning with us while working your way to a healthier you!

**When:** Tuesdays only!

**Time:** 10:30 a.m. -11:30 a.m.

**Fee:** \$15 each month, register at Parks & Recreation

**Location:** Canton Community Center