



All Ages



CARDIO SCULPT ~ TOTAL TONING

Who: All Ages ~ All Levels Welcome!
Session I: Oct. 27 - Dec. 8 (no class Nov. 24)
Session II: Jan. 5 - Feb. 16 (no class Feb. 9)
Session III: March 1 - April 5
Time: Thursdays, 6:00 - 7:00 p.m.
Where: North Branford Community Center
Fee: \$45
Instructor: Kimberly Brustman
 AFAA Certified Group Instructor
Description: This class will combine cardio and strength training using circuits and intervals to challenge your strength, coordination and flexibility. With the use of weights and your own body resistance, you will sculpt your muscles and strengthen your core, while improving your overall cardiovascular fitness and tone your body.

PERSONAL TRAINING

Who: Ages 13 & older
Session: Any time
Time: By appointment
Where: N. B. Community Center Fitness Room
Fee: Super Single \$60
 Three Sessions \$155
 Five Sessions \$225
Description: Our trainer will help you get results, motivate you and assist in strength, cardio, stretching, core trainingCreate a new healthier you!
 See the results you want with a trainer!!



ZUMBA

Who: Teens - Adults
Session I: October 17- November 21
Time: Mondays, 6:15 - 7:15 p.m.
Session II: TBA
Where: North Branford Community Center
Fee: \$35
Instructor: Kristen Springer
Description: The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will create excitement. You will receive long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

YOGA FOR ALL

Who: Teens - Adults ~ All Levels Welcome
Session I: October 12 - November 16 \$65
Session II: January 11 - February 29 \$84
Time: Wednesdays, 6:00 - 7:00 p.m.
Where: North Branford Community Center
Instructor: Ellen Marks
Description: Yoga promotes physical, mental and emotional release and relaxation. This class is appropriate regardless of your fitness level. No Yoga experience necessary. Mats and props available. Bring a blanket or anything else you need for comfort.

LEARN TO ICE SKATE

Who: Ages 3 - Adult
Session I: Mon., Nov. 7 - Jan. 9 (no class 12/26 & 1/2)
Session II: Fri., Nov. 4 - Jan. 13 (no class 11/25, 12/23, 12/30)
Session III: Fri., Jan. 20 - March 9
Time: Mon., 6:05 - 7:05 p.m.
 Fri., 5:30 - 6:30 p.m.
Where: Northford Ice Pavilion
Fee: \$135
Instructor: Qualified Instructor from rink
Description: Learn to skate will include instruction for those who have never skated before and for those who would like to improve their skills at every level. You will receive 25 minutes of instruction and a half hour practice skate time with instructor on ice. Skates are included. Payable to rink \$10 UFSA annual membership (one-time annual membership required). Additional lessons available see www.northfordice.com

ADULT CPR

Who: Ages 11 - Adult
Session: November 12
Time: Saturday, 10 a.m. - 12 noon
Where: Ambulance Co. #4 - Northford
Fee: \$45
Instructor: Trained American Safety and Health Institute Staff
Description: Learn to recognize and act in the following life-threatening situations: caring for an adult who stops breathing or who is choking. Learn to give CPR to an adult whose heart has topped beating. A certificate will be given upon successful completion of a written test and demonstration of skills outlined in the course. Certification is good for one year. There will be a discount if you register for this class and Infant/Child CPR simultaneously.

Body Fat Percentage? Make an appointment to find out your body fat ratio. Quick, Easy and Painless!!
 Call 203-315-6017

LADIES VOLLEYBALL LEAGUE

Who: Ladies & Girls 16 yrs. + up
Session: Nov. 16 - Feb. 8 (No class Nov. 23)
Time: Wednesdays, 7:00 - 10:00 p.m.
Where: Stanley T. Williams School
Fee: \$200.00 per team / \$225.00 non resident
 (\$20 game = 10 players at \$2 game)
Description: Team lists & payment need to be submitted to the Recreation Department by Nov. 4th. Call for entry list. Teams are limited on a first come first serve basis. Schedules will be made according to number of teams submitted. No exceptions made for late entries.
 Winning team will receive a trophy for their team!



CARDIO - KICKBOXING BOOT CAMP

Who: Teens - Adults
Session I: Nov. 7 - Dec. 19 (no class Nov. 24)
Session II: Jan. 9 - Feb. 23 (no classes Jan. 16, Feb. 20)
Session III: March 5 - April 12
Time: Monday & Thursdays, 6:00 - 7:00 p.m.
Where: Stanley T. Williams Building
Fee: \$75
Instructor: Jim Lyons
Description: Train like a pro! This is a hybrid form of boxing, martial arts and cardio circuits that includes: using medicine balls, hand weights, stability ball and more. This class will leave you having a toned upper body and lean legs. Please bring a water bottle, workout mat and jump rope (optional) to class.
Come try a free class (new participants only).

CO-ED VOLLEYBALL LEAGUE

Who: Ladies, Men & Girls & Boys 16 yrs. + up
Session: Jan. 17 - April 10
Time: Tuesdays, 7:00 - 10:00 p.m.
Where: Stanley T. Williams School
Fee: \$450.00 per team
Description: \$200.00 per team / \$225.00 non resident
 (\$20 game = 10 players at \$2 game)
Description: Team lists & payment need to be submitted to the Recreation Department by Nov. 4th. Call for entry list. Teams are limited on a first come first serve basis. Schedules will be made according to number of teams submitted. No exceptions made for late entries.
 Winning team will receive a trophy for their team!

TOTAL CONDITIONING

Who: Teens - Adults
Session I: Oct. 11 - Dec. 6 (no class Nov. 22)
Session II: Jan. 10 - Feb. 28
Session III: March 13 - May 1
Time: Tuesdays, 6:00 - 7:00 p.m.
Where: T.B.A.
Fee: \$68
Instructor: Deborah Vita, Certified Personal Trainer
Description: A class where you will be encouraged to fulfill your fitness goals in a fun relaxed yet vigorous manner. Class incorporates free dance movements (not too fancy) to warm up, interval training to boost metabolism, strength training and functional exercises designed to increase coordination, balance, flexibility and stamina. Class will utilize stability balls and dumbbells for core exercises. Stretching to reduce post workout soreness and to build long lean muscles. Everything you want in an exercise class. Exercise will be modified to meet your fitness level.
Come try a free class (new participants only).

INFANT/CHILD CPR

Who: Ages 11 - Adult
Session: November, 12
Time: Saturday, 12 - 2:00 p.m.
Where: Ambulance Co. #4 - Northford
Fee: \$45
Instructor: Trained American Safety and Health Institute Staff
Description: Learn to recognize and care for choking, breathing and cardiac emergencies in children and infants. Infant/Child Certification is valid for one year. This course would be valuable to those individuals who work with young children, babysitters or new parent. There will be a discount if you register for this class and Adult CPR or Babysitting Certification simultaneously.

VERY GENTLE YOGA!



Who: Adults
Session I: October 12 - November 16 \$65
Session II: January 11 - February 29 \$84
Time: Wednesdays, 9:00 - 10:00 a.m.
Where: North Branford Community Center
Instructor: Ellen Marks
Description: Develop a sense of calm and ease while discovering inner strength, flexibility and balance. This class is appropriate regardless of fitness level. The focus of the class will be on basic yoga postures and variations designed to suit each participant's unique needs. Please bring a mat and anything else you need for comfort. Not sure this class is for you?
Come try a free class (new participants only).

*Nothing is impossible,
 the world
 itself says
 I'm possible!*