

# MARLA HANLEY

## EXPERIENCE

I started teaching Morning Splash at the Lunda Center in February 2017 and offered a Silver Sneakers Water Aerobics class for a brief period until minimal attendance brought it to a close.

## TEACHING STYLE

My teaching style could best be described as “follow the leader”. I’m actually doing the exercises along with the participants, so that they can visualize the move while I give verbal cues/instruction. Sprinkle in my “comedy routine”, and you pretty much have described my teaching style.



*My favorite quote:*

“If you sit, you rust.” – Helen Hayes

## INTERESTS

- Reading, attending plays/concerts, traveling, and sampling wine in all 50 states.
- Biking, hiking, volunteering at Just a Horse Rescue and Sanctuary
- Packer, Badger games
- Hanging out with my adult children