

ACTIVE LIVING IN TAY WINTER 2024

LOW IMPACT HIIT WITH BETH

This High intensity (not high impact) interval training class will involve low impact cardio (no jumping), core, bodyweight and weighted strength training exercises. Everyone works at their own pace and all movements can be modified or intensified to fit different participant's levels of fitness. Remember to bring your own mat, weights, and water!

MON JAN 8 TO MAR 18 FROM 10:45 AM TO 11:45 AM AT OCC | *No class February 19 (Family Day)

TAI CHI WITH SUZANNE

This class is a basic introduction to Tai Chi. It is suitable for participants who want a gentle but effective workout for improving balance, strength, and relaxation. Please bring water and wear comfortable shoes.

MON JAN 8 TO MAR 18 FROM 5:30 PM TO 6:30 PM OR MON JAN 8 TO MAR 18 FROM 7:00 PM TO 8:00 PM AT HSC | *No class February 19 (Family Day)

HIIT WITH BETH

Full body HIIT is a class for everyone to join. This High Intensity Interval Training (HIIT) class will involve cardio, core, bodyweight and strength training exercises. Everyone works at their own pace and all movements can be modified to fit different participant levels of fitness.

WED JAN 10 TO MAR 20 FROM 9:00 AM TO 10:00 AM AT OCC

POWER PILATES WITH BETH

This class is Pilates based focusing on core strengthening movements and integrating breathing patterns but will also incorporate intervals, light weights and different tempos. This class can relate to all fitness levels. There will be lots of progressions and modifications if needed. Remember to bring a mat and a light set of weights.

WED JAN 10 TO MAR 20 FROM 10:00 AM TO 11:00 AM AT OCC

ZUMBA TONING WITH HOLLY

Join Holly for Zumba Toning which blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training experience using light weights. You will need 1-2 lb hand weights (no heavier than 2.5 lbs and please no wrist weights) water, and a towel. You are going to sweat!

WED JAN 10 TO MAR 20 FROM 6:00 PM TO 6:50 PM AT PMCC

ZUMBA WITH SANDRA & HOLLY

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

WED JAN 10 TO MAR 20 FROM 7:00 PM TO 8:00 PM AT PMCC

GENTLE YOGA WITH SUZANNE

This is a gentle Yoga class that includes standing poses and floor stretches. This class also focuses on proper body alignment and breath awareness. Yoga mat required.

WED JAN 10 TO MAR 20 FROM 5:30 PM TO 6:40 PM AT HSCR

YOGA WITH SUZANNE

Feel the health benefits of Yoga as we hold poses, move through flows, and relax through breath awareness. This class is suitable for individuals with prior Yoga experience. Yoga mat required.

WED JAN 10 TO MAR 20 FROM 7:00 PM TO 8:15 PM OR THURS JAN 11 TO MAR 21 FROM 6:00 PM - 7:15PM AT HSCR

REGISTER ONLINE IN 3 EASY STEPS



STEP 1

Create an account or login to your existing account at tay.ca/register



STEP 2

Select "enroll now"



STEP 3

Checkout and pay by credit card

You can also register for in person at the Municipal Office

450 Park Street, Victoria Harbour Monday to Friday
8:30 a.m. to 4:30 p.m. | 705-534-7248 x230

HSCR

Harbour Shore Community Room
145 Albert Street, Victoria Harbour

OCC

Oakwood Community Centre
290 Park Street, Victoria Harbour

PMCC

Port McNicoll Community Centre
560 Seventh Avenue, Port McNicoll