
ACTIVE LIVING IN TAY

TAI CHI WITH SUZANNE

This is a continuation of the 2023 Winter 5:30 pm-6:30pm Tai Chi class with Suzanne. Please bring water and wear comfortable shoes.
MON APR 03 TO JUN 19 FROM 5:30 PM TO 6:30 PM AT HSCR |\$50

GENTLE YOGA WITH SUZANNE

This is a gentle Yoga class that includes standing poses and floor stretches. Yoga mat required.
WED APR 05 TO JUN 21 FROM 5:30 PM TO 6:40 PM AT HSCR |\$60

TAI CHI WITH SUZANNE

This is a continuation of the 2023 Winter 7:00pm-8:00pm Tai Chi class with Suzanne. Please bring water and wear comfortable shoes.
MON 03 APR TO JUN 19 FROM 7:00 PM TO 8:00 PM AT HSCR |\$50

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 beginners and for individuals with prior Yoga experience. Yoga mat required.
WED APR 05 TO JUN 21 FROM 7:00 PM TO 8:15 PM AT HSCR |\$60

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 APR 19 TO JUN 21 FROM 9:00 AM TO 10:00 AM AT OCC |\$50

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 APR 05 TO JUN 21 FROM 7:00 PM TO 8:00 PM AT PMCC |\$60

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.
THURS APR 06 TO JUN 22 FROM 7:00 PM TO 8:00 PM AT HSCR |\$60

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 APR 19 TO JUN 21 FROM 10:00 AM TO 11:00 AM AT OCC |\$50



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| 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 |
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