ACTIVE LIVING IN TAY SPRING 2024

LOW IMPACT HIIT WITH BETH

This High intensity (not high impact) interval training The Zumba® program fuses hypnotic Latin rhythms 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 APR 8 TO JUN 24 FROM 10:45 AM TO 11:45 AM AT This is a gentle Yoga class that includes standing poses OCC | *No class May 20 (Victoria 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 APR 8 TO JUN 24 FROM 5:30 PM TO 6:30 PM OR MON APR 8 TO JUN 24 FROM 7:00 PM TO 8:00 PM AT HSC | *No class May 20 (Victoria 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 APR 10 TO JUN 26 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 APR 10 TO JUN 26 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 APR 10 TO JUN 26 FROM 6:00 PM TO 6:50 PM AT **PMCC**

ZUMBA WITH SANDRA & HOLLY

and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

WED APR 10 TO JUN 26 FROM 7:00 PM TO 8:00 PM AT **PMCC**

GENTLE YOGA WITH SUZANNE

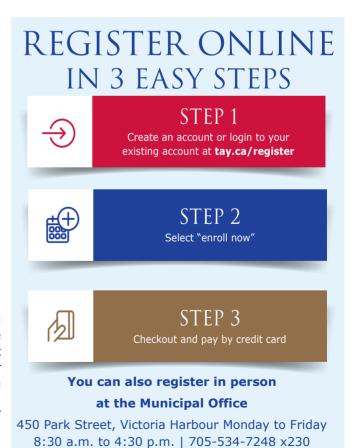
and floor stretches. This class also focuses on proper body alignment and breath awareness. Yoga mat required.

WED APR 10 TO JUN 26 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 APR 10 TO JUN 26 FROM 7:00 PM TO 8:15 PM OR THURS APR 11 TO JUN 27 FROM 7:00 PM - 8:15PM AT **HSCR**



HSCR