

# ACTIVE LIVING IN TAY SUMMER 2023

## 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 JUL 5 TO AUG 23 FROM 9:00 AM TO 10:00 AM AT HSCR | \$40

## 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 JUL 5 TO AUG 23 FROM 10:15 AM TO 11:15 AM AT HSCR | \$40

## GENTLE YOGA WITH SUZANNE

This is a gentle Yoga class that includes standing poses and floor stretches. Yoga mat required.

WED JUL 5 TO AUG 23 FROM 5:30 PM TO 6:40 PM AT HSCR | \$40

## 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 JUL 5 TO AUG 23 FROM 7:00 PM TO 8:15 PM AT HSCR | \$40

# REGISTER ONLINE IN 3 EASY STEPS

**You can also register for recreation programs in person at the Municipal Office**

450 Park Street, Victoria Harbour Monday to Friday 8:30 a.m. to 4:30 p.m.

[tay.ca/register](http://tay.ca/register) | [recreation@tay.ca](mailto:recreation@tay.ca)

705-534-7248 x232



### STEP 1

Create an account or login to your existing account at [tay.ca/register](http://tay.ca/register)



### STEP 2

Select "enroll now"



### STEP 3

Checkout and pay by credit card

**HSCR**

Harbour Shore Community Room  
145 Albert Street, Victoria Harbour

**OCC**

Oakwood Community Centre  
290 Park Street, Victoria Harbour

**WL**

Waubauskene Legion  
26 Willow St, Waubauskene