

ACTIVE LIVING IN TAY SUMMER 2025

LOW IMPACT HIIT WITH BETH

Low Impact HIIT is a class for everyone to join. 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 levels of fitness. Remember to bring your own mat, weights, and water!

MON JULY 7 TO AUG 18 FROM 10:45 AM TO 11:45 AM
(*NO CLASS ON AUG 4) AT HSCR | \$30

BODY WEIGHT HIIT WITH BETH

This body weight HIIT class will target and challenge your full body. Lots of cardio, resistance, balancing and core strengthening moves all done with just your own body weight. This class is easily modified to all fitness levels. All you need is a mat and your amazing body.

FRI JULY 11 TO AUG 22 FROM 8:00 AM TO 9:00 AM
AT HSCR | \$35

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 JULY 9 TO AUG 20 FROM 10:00 AM TO 11:00 AM
AT HSCR | \$35

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.

TWO OPTIONS AVAILABLE:

WED JULY 9 TO AUG 20 FROM 7:00 PM TO 8:15 PM
AT HSCR | \$35

THUR JULY 10 TO AUG 21 FROM 7:00 PM TO 8:15 PM
AT HSCR | \$35

CHAIR YOGA WITH SUZANNE

Enjoy the health benefits of Yoga poses while sitting and standing around a chair. Yoga mat is required for chair stability.

THUR JULY 10 TO AUG 21 FROM 5:30 PM TO 6:30 PM
AT HSCR | \$35

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.

TWO OPTIONS AVAILABLE:

WED JULY 9 TO AUG 20 FROM 8:00 AM TO 9:00 AM
AT HSCR | \$35

WED JULY 9 TO AUG 20 FROM 9:00 AM TO 10:00 AM
AT HSCR | \$35

FULL BODY STRENGTH WITH BETH

This class focuses on strength training by using dumbbells and your own bodyweight to provide resistance. In class you will be working the upper body, lower body and core through a variety of exercises. You will need a mat and some dumbbells.

FRI JULY 11 TO AUG 22 FROM 9:00 AM TO 10:00 AM
AT HSCR | \$35

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 JULY 9 TO AUG 20 FROM 5:30 PM TO 6:40 PM
AT HSCR | \$35

REGISTER ONLINE

 **STEP 1**
Create an account or login to your existing account at tay.ca/register

 **STEP 2**
Select "enroll now"

 **STEP 3**
Check out and pay by credit card

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 | recreation@tay.ca
705-534-7248 x230

HSCR	Harbour Shore Community Room 145 Albert Street, Victoria Harbour	OCC	Oakwood Community Centre 290 Park Street, Victoria Harbour	WL	Waubaushe Legion 26 Willow St, Waubaushe
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