



ACTIVE LIVING PROGRAMS

LOW IMPACT HIIT *With Beth*

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.

MON APR 13 TO JUN 22 FROM 10:45 AM TO 11:45 AM (*NO CLASS ON APR 4) AT OCC | \$55



ZUMBA TONING *With Holly*

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.

WED APR 8 TO JUN 24 FROM 5:50 PM TO 6:50 PM AT PMCC | \$60

ZUMBA *With Holly*

Come join the PARTY!! The most fun you will have in an exercise class, EVER! Super fun, calorie burning dance workout! Get ready to shimmy, shake and sweat to amazing music with amazing people! Wear comfortable workout clothes, running shoes and don't forget your water.

WED APR 8 TO JUN 24 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. Bring water and wear comfortable shoes.

MON APR 13 TO JUN 22 FROM 5:30 PM TO 6:30 PM (*NO CLASS ON APR 4) AT HSCR | \$55

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 APR 8 TO JUN 24 FROM 7:00 PM TO 8:15 PM AT HSCR | \$60

THURS APR 9 TO JUN 25 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 8 TO JUN 24 FROM 9:00 AM TO 10:00 AM AT OCC | \$60

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 APR 9 TO JUN 25 FROM 5:30 PM TO 6:30 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.

WED APR 8 TO JUN 24 FROM 10:00 AM TO 11:00 AM AT OCC | \$60

FULL BODY STRENGTH *With Beth*

Focuses on strength training by using dumbbells and your own body weight to provide resistance. You will be working the upper body, lower body and core through a variety of exercises.

FRI APR 10 TO JUN 26 FROM 9:00 AM TO 10:00 AM AT OCC | \$60



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 APR 8 TO JUN 24 FROM 5:30 PM TO 6:40 PM AT HSCR | \$60



REGISTER ONLINE:
TAY.CA/REGISTER

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