

ACTIVE LIVING IN TAY SUMMER 2022

PILATES WITH SEFI

Traditional Pilates exercises for the first half, followed by body rolling using small balls to ease pain and restriction and release and elongate tight muscles in order to improve posture and restore the body to its optimal neutral balance.

TUES JUL 5 TO AUG 23 FROM 9:30 AM TO 10:30 AM AT HSCR | \$40

HIIT WITH BETH

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 6 TO AUG 24 FROM 9:00 AM TO 10:00 AM AT HSCR | \$40

POWER PILATES WITH BETH

Focusing on core strengthening movements and integrating breathing patterns but will also incorporate intervals, light weights and different tempos. Open to all fitness levels. Progressions and modifications if needed. Please bring a mat and a light set of weights.

WED JUL 6 TO AUG 24 FROM 10:15 AM TO 11:15 AM AT HSCR | \$40

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.

WED JUL 6 TO AUG 24 FROM 5:30 PM TO 6:30 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. Suitable for beginners and for individuals with prior Yoga experience. Yoga mat required.

WED JUL 6 TO AUG 24 FROM 7:00 PM TO 8:15 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. Suitable for beginners and for individuals with prior Yoga experience. Yoga mat required.

THUR JUL 7 TO AUG 25 FROM 9:00 AM TO 10:15 AM **OR** 6:00 PM TO 7:15 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 | recreation@tay.ca

705-534-7248 x232



STEP 1

Create an account or login to your existing account at 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