

ACTIVE LIVING IN TAY **FALL 2023**

LOW IMPACT HIIT WITH BETH

This High Intensity (not high impact) Interval Training class will involve low impact cardio (no jumping), core, bodyweight and weighted strength training exercises. Remember to bring your own mat, weights, and water!!

MON SEPT 11 TO DEC 11 FROM 10:45 AM TO 11:45 AM AT OCC **No class October 9 (Thanksgiving)*

TAI CHI WITH SUZANNE

This class is designed for participants who have completed the Tai Chi spring 2023 session with Suzanne.

MON SEPT 11 TO DEC 11 FROM 7:00 PM TO 8:00 PM AT HSCR **No class October 9 (Thanksgiving)*

MATWORK PILATES PLUS WITH SEFI

Contemporary Pilates exercises to tone, strengthen, and increase total body awareness as well as a chair Barre component adds to the standing and balance training. A variety of resistance bands and body-rolling balls can be added to challenge your core and more. Suitable for all levels.

TUES SEPT 12 TO OCT 24 FROM 9:00 AM TO 10:00 AM AT OCC

CHAIR YOGA WITH SEFI

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

TUES SEPT 12 TO OCT 24 FROM 10:15 AM TO 11:15 AM AT OCC

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 SEPT 13 TO DEC 13 FROM 9:00 AM TO 10:00 AM AT OCC

ZUMBA WITH SANDRA & HOLLY

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

WED SEPT 13 TO DEC 13 FROM 7:00 PM TO 8:00 PM AT PMCC

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 SEPT 13 TO DEC 13 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 (not more than 2.5lbs).

WED SEPT 13 TO DEC 13 FROM 6:00 PM TO 6:50 PM AT PMCC

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 SEPT 13 TO DEC 13 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 SEPT 13 TO DEC 13 FROM 7:00 PM TO 8:15 PM AT HSCR

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.

MONS SEPT 14 TO DEC 14 FROM 5:30 PM TO 6:30 PM AT HSCR

**To register for a program visit
www.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