



ACTIVE LIVING IN TAY FALL 2024



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. Everyone works at their own pace and all movements can be modified or intensified to fit different participant's levels of fitness. Remember to bring your own mat, weights, and water!

MON SEPT 16 TO DEC 16 FROM 10:45 AM TO 11:45 AM AT OCC **No class October 14 (Thanksgiving)*

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.

MON SEPT 16 TO DEC 16 FROM 5:30PM TO 6:30 PM OR 7:00 PM TO 8:00 PM AT HSCR

**No class October 14 (Thanksgiving)*

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 18 TO DEC 18 FROM 9:00 AM TO 10:00 AM AT OCC

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 18 TO DEC 18 FROM 10:00 AM TO 11:00 AM AT OCC

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 18 TO DEC 18 FROM 5:30 PM TO 6:40 PM AT HSCR

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 (no heavier than 2.5 lbs and please no wrist weights) water, and a towel. You are going to sweat!

WED SEPT 18 TO DEC 18 FROM 6:00 PM TO 6:50 PM AT PMCC

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 18 TO DEC 18 FROM 7:00 PM TO 8:00 PM AT PMCC

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 18 TO DEC 18 FROM 7:00 PM TO 8:15 PM AT HSCR

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.

THURS SEPT 19 TO DEC 19 FROM 5:30 PM TO 6:30 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.

THURS SEPT 19 TO DEC 19 FROM 7:00 PM TO 8:15 PM AT HSCR

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 SEPT 20 TO DEC 20 FROM 9:00 AM TO 10:00 AM AT OCC **No class December 6*

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
-------------	---	------------	---	-------------	---