



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 SEPT 14 TO DEC 14 FROM 10:45AM TO 11:45AM
(*NO CLASS ON OCT 12) AT OCC | \$65

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.

TUES SEPT 15 TO DEC 15 FROM 5:30 PM TO 6:30 PM
(*NO CLASS OCT 20) AT HSCR | \$65

HITT 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 16 TO DEC 16 FROM 9:30 AM TO 10:30 AM
AT OCC | \$70

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.

TWO OPTIONS AVAILABLE:

WED SEPT 16 TO DEC 16 FROM 10:30AM TO 11:30AM
AT OCC | \$70

FRI SEPT 18 TO DEC 18 FROM 10:30AM TO 11:30AM
(*NO CLASSES OCT 8, 30 & NOV 27) AT OCC | \$55

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 16 TO DEC 16 FROM 5:30 PM TO 6:40 PM
(*NO CLASS NOV 11) AT HSCR | \$65



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 SEPT 16 TO DEC 16 FROM 7:00 PM TO 8:15 PM
(*NO CLASS NOV 11) AT HSCR | \$65

THURS SEPT 17 TO DEC 17 FROM 7:00PM TO 8:15PM
(*NO CLASS OCT 29) AT HSCR | \$65

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 16 TO DEC 16 FROM 5:50 PM TO 6:50 PM
AT PMCC | \$70

ZUMBA With Holly

Join Holly for this super fun, calorie burning dance workout! Get ready to shimmy, shake and sweat to amazing music with amazing people! This class is for all levels. Wear comfortable workout clothes, running shoes and don't forget your water. Most importantly, bring your energy and good vibes.

WED SEPT 16 TO DEC 16 FROM 7:00 PM TO 8:00 PM
AT PMCC | \$70

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 17 TO DEC 17 FROM 5:30PM TO 6:30PM
(*NO CLASS OCT 29) AT HSCR | \$65

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. Yoga mat and some dumbbells required.

FRI SEPT 18 TO DEC 18 FROM 9:30 AM TO 10:30 AM
(*NO CLASSES OCT 8, 30 & NOV 27) AT OCC | \$55



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