



# ACTIVE LIVING IN TAY WINTER 2025



## 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 JAN 6 TO MAR 24 FROM 10:45 AM TO 11:45 AM AT OCC *\*No class February 17 (Family Day)*

## 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 JAN 6 TO MAR 24 FROM 5:30PM TO 6:30 PM OR 7:00 PM TO 8:00 PM AT HSCR

*\*No class February 17 (Family Day)*

## 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 JAN 8 TO MAR 26 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 JAN 8 TO MAR 26 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 JAN 8 TO MAR 26 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 JAN 8 TO MAR 26 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 JAN 8 TO MAR 26 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 JAN 8 TO MAR 26 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 JAN 9 TO MAR 27 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 JAN 9 TO MAR 27 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 JAN 10 TO MAR 28 FROM 9:00 AM TO 10:00 AM AT OCC

To register for a program visit

[www.tay.ca/register](http://www.tay.ca/register)

<b>HSCR</b>	Harbour Shore Community Room 145 Albert Street, Victoria Harbour	<b>OCC</b>	Oakwood Community Centre 290 Park Street, Victoria Harbour	<b>PMCC</b>	Port McNicoll Community Centre 560 Seventh Avenue, Port McNicoll
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