

ACTIVE LIVING IN TAY SPRING 2022

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.

MON MAY 16 TO JUN 27 FROM 9:00 AM TO 10:00 AM AT OCC | \$35

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.

MON MAY 16 TO JUN 27 FROM 10:15 AM TO 11:15 AM AT OCC | \$35

TAI CHI WITH SUZANNE

Basic intro 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 MAY 16 TO JUN 27 FROM 5:30 PM TO 6:30 PM AT HSCR | \$35

TAI CHI WITH SUZANNE

Basic intro 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 MAY 16 TO JUN 27 FROM 7:00 PM TO 8:00 PM AT HSCR | \$35

CIRCUIT WITH SEFI

Circuit training remains a popular activity that provides an integrated and accessible full-body workout. Combining strength, cardio and stretching all in one class while offering a wide variety of easily modifiable moves, accommodating participants of all abilities. Please bring a mat and water bottle to class

TUES MAY 17 TO JUN 28 FROM 9:00 AM TO 10:00 AM AT OCC | \$35

YOGA WITH SEFI

Deepen your practice with emphasis on proper alignment, breathing awareness and balance. Suitable for all levels. Mat, pillow and blanket required.

TUES MAY 17 TO JUN 28 FROM 10:30 AM TO 11:30 AM AT OCC | \$35

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 MAY 18 TO JUN 29 FROM 9:00 AM TO 10:00 AM AT OCC | \$35

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 MAY 18 TO JUN 29 FROM 10:15 AM TO 11:15 AM AT OCC | \$35

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 MAY 18 TO JUN 29 FROM 5:30 PM TO 6:30 PM AT HSCR | \$35

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 MAY 18 TO JUN 29 FROM 7:00 PM TO 8:00 PM AT HSCR | \$35

YOGA WITH SEFI

Deepen your practice with emphasis on proper alignment, breathing awareness and balance. Suitable for all levels. Mat, pillow and blanket required.

THUR MAY 19 TO JUN 30 FROM 9:00 AM TO 10:00 AM AT OCC | \$35

YOGA WITH SEFI

Deepen your practice with emphasis on proper alignment, breathing awareness and balance. Suitable for all levels. Mat, pillow and blanket required.

THUR MAY 19 TO JUN 30 FROM 10:45 AM TO 11:45 AM AT WL | \$35



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