

ACTIVE LIVING IN TAY SUMMER 2024

LOW IMPACT HIIT WITH BETH

Low Impact HIIT is 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's levels of fitness. Remember to bring your own mat, weights, and water!

MON JUL 8 TO AUG 19 FROM 10:45 AM TO 11:45 AM AT HSCR | \$35

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 JUL 10 TO AUG 21 FROM 9:00 AM TO 10:00 AM AT HSCR | \$35

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 JUL 10 TO AUG 21 FROM 10:00 AM TO 11:00 AM AT HSCR | \$35

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 JUL 10 TO AUG 28 FROM 5:30 PM TO 6:40 PM AT HSCR | \$40

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 JUL 10 TO AUG 28 FROM 7:00 PM TO 8:15 PM AT HSCR | \$40

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.

THUR JUL 11 TO AUG 29 FROM 9:00 AM TO 10:00 AM AT HSCR | \$40

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.

THUR JUL 11 TO AUG 29 FROM 7:00 PM TO 8:15 PM AT HSCR | \$40

REGISTER ONLINE IN 3 EASY STEPS



STEP 1

Create an account or login to your existing account at tay.ca/register



STEP 2

Select "enroll now"



STEP 3

Checkout and pay by credit card

**You can also register for in person at the
Municipal Office**

450 Park Street, Victoria Harbour Monday to Friday
8:30 a.m. to 4:30 p.m. | 705-534-7248 x230

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
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