
ACTIVE LIVING IN TAY

TAI CHI WITH SUZANNE

This class is a continuation of the 2022 Fall Tai Chi class with Suzanne. Please bring water and wear comfortable shoes.

MON JAN 9 TO MAR 13 FROM 5:30 PM TO 6:30 PM AT HSCR |\$45

GENTLE YOGA WITH SUZANNE

This is a gentle Yoga class that includes standing poses and floor stretches. Yoga mat required.

WED JAN 11 TO MAR 15 FROM 5:30 PM TO 6:30 PM AT HSCR |\$50

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 9 TO MAR 13 FROM 7:00 PM TO 8:00 PM AT HSCR |\$45

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 beginners and for individuals with prior Yoga experience. Yoga mat required.

WED JAN 11 TO MAR 15 FROM 7:00 PM TO 8:15 PM AT HSCR |\$50

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 11 TO MAR 15 FROM 9:00 AM TO 10:00 AM AT OCC |\$50

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 that will blow you away.

WED JAN 11 TO MAR 15 FROM 7:00 PM TO 8:00 PM AT PMCC |\$50



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