

Active Living Programs

8 Week Summer Session starting the week of July 5 to the week of August 23 unless otherwise indicated.* Pre-registration prior to the start of the program is required as space is limited. For further information visit www.tay.ca or contact Bryan Anderson - Recreation Coordinator, at 534-7248 ext 235 OR banderson@tay.ca

MONDAYS

Program	Time	Location	Details
Zumba (instructor – Jane Kiersnowski)	8:00 pm to 9:00 pm	Oakwood Community Centre	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.

TUESDAYS

Program	Time	Location	Details
No Jumpin' Just Pumpin' (instructor – Donna Boudreau)	6:00 pm to 7:00 pm	Port McNicoll Community Centre	Interval class combining low impact aerobics with weight training will get your hearts pumpin without the jumpin! Personal weights & mat required.
Core Basics Stability Ball (instructor – Donna Boudreau)	7:15 pm to 8:15 pm	Port McNicoll Community Centre	Strengthen your abs & lower back in this total body workout. Ball, weights & mat required.
Yoga (instructor – Janine Burrage)	7:00 pm to 8:15 pm	Harbour Shore Community Room	Come out and enjoy all of the benefits yoga has to offer. Participants must be able to perform poses on hands and knees. Mat required.

WEDNESDAYS

Program	Time	Location	Details
Pilates on the Ball (instructor – Sefi Held)	6:00 pm to 7:00 pm	Oakwood Community Centre	A more challenging class incorporating traditional Pilates moves to develop a strong core and lean, toned body. Defined muscle tone and deep abdominal stability are just a few of the benefits you'll see and feel. Mat and Ball required.
Yoga (instructor – Janine Burrage)	7:00 pm to 8:15 pm	Harbour Shore Community Room	Come out and enjoy all of the benefits yoga has to offer. Participants must be able to perform poses on hands and knees. Mat required.
Yoga on the Ball (instructor – Sefi Held)	7:15 pm – 8:15 pm	Oakwood Community Centre	A class designed to incorporate the stability ball into Yoga postures and breath work. The ball assists in achieving flexibility and promotes the use of core muscles and is a wonderful prop for more restorative postures. Suitable for all levels. Mat and Ball required.

Program Locations:

Harbour Shore Community Room	145 Albert St	Victoria Harbour
Oakwood Community Centre	290 Park St	Victoria Harbour
Port McNicoll Community Centre	560 Seventh Ave	Port McNicoll