

# Active Living Programs

## Tay Township

**14 Week Session starting the week of September 13 to the week of December 13 unless otherwise indicated.\*** Pre-registration prior to the start of the program is required as space is limited. Registration form for these programs is on page **XX**. For further information visit [www.tay.ca](http://www.tay.ca) or contact Bryan Anderson, Recreation Coordinator, at 534-7248 ext 235 OR [banderson@tay.ca](mailto:banderson@tay.ca)

### MONDAYS \* (13 wks). \*There will be no classes on October 11.

Program	Time	Location	Details
*Fitness 101 (instructor – Sefi Held)	10:30am - 11:30am (6 week session - Sept 13 – Oct 25)	Oakwood Community Centre	Low impact fitness suitable for all age groups & levels. Mat required.
Mostly Muscle (instructor – Donna Boudreau)	5:30pm - 6:30pm	Port McNicoll Legion Community Room	Build & Tone muscles you never knew you had! Personal weights & mat required.
Yoga (instructor Donna Boudreau)	6:45pm – 7:45pm	Port McNicoll Legion 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 (instructor – Janine Burrage)	7:00pm - 8:15pm (10 Week Session, Sept 13 – Nov 15)	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.

### TUESDAYS

Program	Time	Location	Details
No Jumpin' Just Pumpin' (instructor – Donna Boudreau)	5:30pm - 6:30pm	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.
*Learn to Run 5K (instructor – Carol McDonald)	6:30pm - 7:30pm (8 week session – Oct 5 – Nov 23)	Victoria Harbour Post Office Parking Lot	Learn the key fundamentals to become a great runner. You will also learn how to properly run at night and in all kinds of different weather conditions!
Core Basics Stability Ball (instructor – Donna Boudreau)	6:45pm - 7:45pm	Port McNicoll Community Centre	Strengthen your abs & lower back in this total body workout. Ball, weights & mat required.

### WEDNESDAYS

Program	Time	Location	Details
*Fitness 101 (instructor-Sefi Held)	9:30am - 10:30am (7 week session - Sept 15 – Oct 27)	Oakwood Community Centre	Low impact fitness suitable for all age groups & Levels. Mat required.
*Yoga 101 (instructor-Sefi Held)	10:45am -11:45am (7 week session - Sept 15 – Oct 27)	Oakwood Community Centre	Yoga can be practiced by most everyone. Mat required.
*Yoga (instructor – Janine Burrage)	7:00pm - 8:15pm (10 Week Session, Sept 15 – Nov 17)	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.
Zumba (instructor – Jane Kiersnowski)	7:30pm - 8:30pm	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.
*Urban Poling/Nordic Walking (instructor – Frieda Baldwin)	6:30pm – 7:30pm (8 week session, Sept 15 – Nov 3)	Victoria Harbour Post Office Parking Lot	Why just walk? Using the Tom Rutlin Nordic Walking/Urban Poling technique you can burn 20-46% more calories. Poling involves all the major muscles, especially the core muscles. Poles will be provided. Only 10 spots available.

### THURSDAYS

Program	Time	Location	Details
Mostly Muscle (instructor – Donna Boudreau)	6:00pm - 7:00pm	Port McNicoll Legion Community Room	Build & Tone muscles you never knew you had! Personal weights & mat 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

Port McNicoll Legion

369 Armstrong St

Port McNicoll