

ACTIVE LIVING IN TAY FALL 2025

LOW IMPACT HIIT WITH BETH

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 levels of fitness. Remember to bring your own mat, weights, and water!

MON SEPT 8 TO DEC 15 FROM 10:45 AM TO 11:45 AM
(*NO CLASS ON OCT 13) AT OCC | \$70

HITT 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 SEPT 10 TO DEC 17 FROM 9:00 AM TO 10:00 AM
AT OCC | \$75

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 SEPT 10 TO DEC 17 FROM 10:00 AM TO 11:00 AM
AT OCC | \$75

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. Bring water and wear comfortable shoes.

MON SEPT 8 TO DEC 15 FROM 5:30 PM TO 6:30 PM
(*NO CLASS ON OCT 13) AT HSCR | \$70

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 SEPT 10 TO DEC 17 FROM 5:30 PM TO 6:40 PM
AT HSCR | \$75

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.

TWO OPTIONS AVAILABLE:

WED SEPT 10 TO DEC 17 FROM 7:00 PM TO 8:15 PM
AT HSCR | \$75

THURS SEPT 11 TO DEC 18 FROM 7:00 PM TO 8:15 PM
AT HSCR | \$75

ZUMBA TONING WITH HOLLY

blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training experience using light weights. You will need 1-2 lb hand weights (no heavier than 2.5 lbs and please no wrist weights) water, and a towel. You are going to sweat!

WED SEPT 10 TO DEC 17 FROM 5:30 PM TO 6:20 PM
AT PMCC | \$75

ZUMBA® DANCE PARTY WITH SANDRA & HOLLY

Get ready to shake, shimmy, and sweat in this high-energy, dance-fitness class that feels more like a fiesta than a fitness routine. Whether you've got two left feet or dance in your sleep, Zumba welcomes all levels. Expect infectious music, heart-pumping beats, and non-stop fun that will leave you smiling (and sweaty).

WED SEPT 10 TO DEC 17 FROM 6:30 PM TO 7:30 PM
AT PMCC | \$75

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.

THURS SEPT 11 TO DEC 18 FROM 5:30 PM TO 6:30 PM
AT HSCR | \$75

FULL BODY STRENGTH WITH BETH

Focuses on strength training by using dumbbells and your own body weight to provide resistance. Working the upper body, lower body and core through a variety of exercises. You will need a mat and some dumbbells.

FRI SEPT 12 TO DEC 19 FROM 9:00 AM TO 10:00 AM
AT OCC | \$75

REGISTER ONLINE



STEP 1

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



STEP 2

Select "enroll now"



STEP 3

Check out and pay by credit card

You can also register for recreation programs in person at the Municipal Office

450 Park Street, Victoria Harbour
Monday to Friday 8:30 a.m. to 4:30 p.m.
tay.ca/register | recreation@tay.ca | 705-534-7248 x230

HSCR

Harbour Shore Community Room
145 Albert Street, Victoria Harbour

OCC

Oakwood Community Centre
290 Park Street, Victoria Harbour

WL

Waubushene Legion
26 Willow St, Waubushene