

What is Happening at the MacGregor Recreation Centre?

800 Lakeshore Drive - More information call 344-1908 email kathmaun@tbaytel.net

Follow MacGregor Rec Centre on Facebook to always know what is going on!

THE MACGREGOR REC CENTRE'S GOAL IS TO PROVIDE THE FACILITY AND SUPPORT TO PROGRAM INSTRUCTORS ENABLING THEM TO OFFER CLASSES IN A SAFE ENVIRONMENT

NEW COVID PRECAUTIONS IN PLACE INCLUDE:

- CLASS SIZE LIMITS
- NO DROP IN CLASSES - MUST PRE-REGISTER
- SCREENING AND SIGN IN CONTACT TRACING
- ALL PROGRAMMING IS SUBJECT TO CHANGE BASED ON HEALTH UNIT RECOMMENDATIONS

MORNING YOGA

Mondays and Wednesdays @ 10-11am

Fridays and Saturdays @ 11-Noon

\$120 for a 10-class punch card or \$15 for single class

Art of Yoga is back! Must RSVP ahead of time!

Link to RSVP and book your class time: bookwhen.com/artofyoga

Everyone welcome! Reach out to Art with any questions 707-7374 or email at

artofyogacanada@gmail.com

FOREVER FITNESS- ADULT EXERCISE

Mondays and Thursdays 1:45-2:45pm or 3:00-4:00pm

\$40/month 2x a week

MOBILITY, FLEXIBILITY AND STRENGTH! Get rid of ankle and knee pain! Improve your balance!

Gain range of motion in your shoulders and hips! Increase your mobility and strengthen your muscles! In this weekly class, we will do a flexibility routine to increase reaction time, improve balance, work muscles to support your body and work on mobility to increase range of motion. This class is open to everyone and even great for first time exercisers in our older community. Contact Dayna at 632-2254 to register.

LET'S USE IT - SO YOU DON'T LOSE IT!

SHUNIAH SLUGGERS BOOT CAMP FITNESS

Mondays and Thursdays 5:00-6:00pm

\$80/month 2x a week

All fitness levels welcome! Are you ready to safely improve your cardio, endurance and co-ordination?

Join Dayna, our knowledgeable personal trainer and certified boxing coach in this non-combative class.

Gloves and equipment available. Want to create your own private exercise class of 5-8 friends or family?

Contact Dayna at 632-2254 to register and for more information.

SHUNIAH ART GROUP

Tuesdays/Sundays 1:30-4:30pm-START DATE TBA

\$20 registration and \$10/class

Painting classes: Acrylic and Oil. All levels are welcome to either or both days. Beginner to advanced students will be tutored according to their individual needs. Specific guidance is what makes this three-hour class so special. Space is limited as Jeanne spends time with each student individually and so must limit the number of students in each class. To register and for a list of supplies contact Jeanne Marler at jeanne@jeannemarler.com or 807-631-7856

SHUFFLEBOARD LEAGUE

Tuesdays 1:00-4:00pm-START DATE TBA

No experience necessary! The disks and cues are ready! Come out and meet your neighbours by joining us for a weekly fun tournament. Please contact Ron to register at rgiardetti@shuniah.org

EVENING YOGA CLASS

Tuesdays 5:30-6:45pm

\$40 for 4 class session

Everyone is welcome. This is a gentle Hatha yoga class with an emphasis on exploring the restorative nature of yoga and the mindfulness of the practice. Classes will include postures, breathing techniques, and full body relaxation through a final Savasana (guided relaxation).

Please bring your own mat and a blanket.

Contact Instructor- Lynn Kallies to register or for more information email roblynn@tbaytel.net

SHUNIAH YOUTH GROUP

YOUTH GROUP ON-LINE -WEDNESDAYS AND FRIDAYS @6PM

♥ SHUNIAH FAMILIES! ♥

Although we aren't able to hold our Youth Group nights face to face just yet, we will continue to post fun activities and ideas on our MacGregor Rec Centre Facebook page. Join us on Wednesday and Friday evenings at 6pm by participating in the activities and adding your own pictures to our post! We miss you and can't wait to be able to see you all again!

COACH'S CORNER

Batter up!

Sometimes life is like a baseball game. We win some and we lose some. We have huge plays and big let downs.

This year we have all been riding the bench. Now we are getting the call to get back in the game. So, as we walk up to the plate (especially in the next few weeks) don't expect to hit it out of the park.

Our time we have spent in isolation had made us hesitant and perhaps a bit unmotivated in our lives. But we must make steps to get our social confidence back, but in small steps.

For some people, they seem to already have their shoes on and ready to run, but there is another half that is leery and may seem overwhelmed.

We will need to work at our own pace, as long as that pace is a forward one. It is not the time to quit your hobbies because you were unable to do them, it is a time to reintroduce yourselves to why you did them before.

There are many opportunities in this community to safely move forward and regain your social confidence. Just be kind to yourselves and to others and we will all have lives worth living.

And remember...

Keep swinging

Coach Dayna