

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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA 10AM	FAMILY MUSIC 11AM	WELLNESS WEIGHT TRAIN 10AM		BALANCE, CORE & MORE 9:15AM
FUNCTIONAL FITNESS 2:30PM	SHUFFLEBOARD 1PM	PAINTING CLASS 1:30PM	FUNCTIONAL FITNESS 2:30PM	
BOXING 5:15PM	YOGA 5:30PM		BOXING 5:15PM	
GIRL GUIDES 6:30PM	JUDO 7PM	YOUTH GROUP 6PM	JUDO 7PM	YOUTH GROUP 6PM

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 WITH COVID PRECAUTIONS IN PLACE.

MORNING YOGA with Art

Mondays 10-11am

\$175 for 12 class punch card or \$18 single class

www.artofyoga.ca to sign up, or contact Art: 707-7374

All levels of yoga welcome! Perfect way to start your week! Varying styles of yoga, but generally a Hatha style class. Yoga is for all bodies, so come on out and find some mindfulness! Please contact Art with any questions or to sign up. Namaste.

FUNCTIONAL FITNESS with Lynda

Mondays and Thursdays 2:30-3:30pm

\$40/Month

Whether you have remained active your entire life or are just beginning to get active this class is for you! In a fun group format, you can expect a variety of exercises intended to improve your MOBILITY, boost your BALANCE, increase your STRENGTH, and improve your CARDIO! Emphasis will be on supporting all elements essential to strong, healthy, and active aging. Suitable for all levels.

Contact Lynda at tbk@tbaytel.net or text or call 632-8282 to register.

SWEATCLUB FITNESS BOXFIT with Jacquie

Mondays and Thursdays 5:15-6:15pm

\$10 drop in

All fitness levels welcome! Personal trainer Jacquie Kennedy has been instructing Boxfit classes for over 7 years and has a modification for every issue you might have. In this class you can start at low intensity and work your way up to a high intensity work out. Jacquie is a personal trainer, and body building specialist who is also available for private and semi-private sessions, alone or with a group of your friends or family.

Contact Jacquie at 807-629-1815 to register and for more information.

FIRST SHUNIAH GIRL GUIDES, EMBERS AND SPARKS

Mondays 6:30 start time

Contact Martha for details - mdowsley@lakeheadu.ca

GROWING WITH MUSIK FAMILY MUSIC

Tuesdays 11:00-11:30am

\$80 for 8-week session

Join our family based musical play class which provides an outlet for your child's creativity, expression and builds the natural connection between movement and music. Children and caregivers develop a musical bond as they sing, dance, listen, move and play rhythm instruments. Our little musicians will develop a sense of beat, coordination and the foundation for musical thought while they have fun cooperating with others. Please bring a yoga mat to sit on. Please register at musikgarten.org/growingwithmusik or call Karen Kent BA, BEd, Musikgarten trained teacher 807-355-5520

EVENING YOGA with Lynne

Tuesdays 5:30-6:30 pm

March 7th - 28th (4 week block \$45)

April 4th - 25th (4 week block \$45)

Drop-in class \$15

Please bring your own mat and a blanket. Pre-registration is required.

Everyone is welcome, suitable for all levels. We will explore the restorative nature of yoga and the mindfulness of the practice through postures, breathing techniques and guided relaxation. Paying attention to our bodies and breath through yoga is a wonderful practice to support overall health and wellbeing. The many benefits of yoga include increased strength, mobility and balance, improved posture and body awareness, and an antidote to help mitigate stress and improve sleep. If you have any questions and to pre-register, please email roblynn@tbaytel.net or message me at (807) 633-0183 Lynn Kallies Instructor

SAKAMOTO JUDO

Tuesday and Thursday 7-8:15pm

Parents are encouraged to join their kids on the mats to help coach them (no experience necessary).

Our instructors are volunteers, but they have administrative expenses. Instructional fee to cover club expenses.

Judoka (judo players) must purchase a uniform (called a 'gi') and also register with Judo Ontario (judoontario.ca)

Judo Ontario registration is required for all Judo Ontario activities (eg. Judo clinics, competitions inside and outside Canada, etc.) Come out and try an evening for free! Kids, teens and adults, men and women welcome!

Contact Martha Dowsley: mdowsley@lakeheadu.ca or come by the class to register.

SHUFFLEBOARD LEAGUE

Tuesdays 1:00-3:00pm

Beginners welcome! The disks and cues are ready! Come out and meet your neighbours by joining us for a weekly fun tournament. Coffee is always on! Please contact Ron to register at rgiardetti@shuniah.org

WELLNESS WEDNESDAY WEIGHT TRAINING with Danielle

Wednesdays 10-11am

\$12 drop in or \$75 for 8 weeks

Sore back, tight hips, limited mobility, aches, weakness, or whatever it might be - we can help you move better and feel well & strong! This class combines mobility and strength exercises for the whole-body using resistance bands and weights. All levels welcome! Bring your own yoga mat (if you have) and a good attitude... the rest will be provided! Led by Kinesiologist and Certified Personal Trainer - Danielle Dubeau. For more info or to register, call/text 807-707-0876, or email: Danielle@strongmomcoaching.ca

SHUNIAH ART GROUP

Wednesdays 1:30-4:30 pm

\$25 registration and \$15/class attended

Painting classes: Acrylic and Oil.

One on one instruction is what makes this class special. All levels are welcome! Beginner to advanced students are tutored at their own pace. **To register and receive a materials list, contact Jeanne Marler at jeanne@jeannemarler.com or 807-631-7856**

BALANCE, CORE & MORE with Danielle

Fridays 9:15 - 10:15am

\$12 drop in / \$70 for 8 weeks

Neither heavy, nor fast, but you will work! If you have trouble moving to or from the floor, or if you just want to strengthen your core - this gentle group workout is for you! Each session will include stretching, core work and gentle strengthening exercises appropriate for all levels. Bring an exercise mat. No equipment needed! You are sure to walk away moving more freely and feeling great! For info or to register please call/text Danielle: 807.707.0876 or email: Danielle@strongmomcoaching.ca.

SHUNIAH YOUTH GROUP

Wednesdays and Fridays @6pm

Drop in activities for youth **grade three** and up (Kids must sign in and out of centre)

Younger children welcome to participate in activities with parental supervision.

The Youth Program offers fun organized activities to participate in- including basketball nets, skating rink, sports nights, dances, bingo, ping-pong and a great place to hang out and meet friends!

Follow us on Facebook at "MacGregor Rec Centre" to find out what the nightly activities will be.

COACH'S CORNER

Zinc and Stress Response

Zinc is an essential trace mineral naturally present in some foods. Zinc plays a significant role in stress response. Proper maintenance of Zinc can help stabilize serum cortisol levels over time. But prolonged stress will deplete Zinc. Zinc deficiency has been proven to be related to higher cortisol and pro- inflammatory markers. Zinc is naturally found in edamame and lima beans, green peas, spinach, asparagus, corn, broccoli and shiitake mushrooms. So, stock up on these and keep your cortisol in check.

Until next time
Keep swinging

Coach Dayna