

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 9:30AM		BALANCE, CORE & MORE 9AM
FUNCTIONAL FITNESS 2:30PM	SHUFFLEBOARD 1PM	PAINT GROUP 1:30 PM	FUNCTIONAL FITNESS 2:30PM	
BOXING 5:15PM	YOGA 5:30PM	WEIGHT NIGHT 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.

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: 807-707-7374

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 if paying in advance

11 class drop-in punch card for \$70.00

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.

Please contact Canfitpro Fitness Instructor and Active aging Specialist, Lynda to register by emailing tbk@tbaytel.net or texting or calling 807-632-8282.

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 PATHFINDERS, GIRL GUIDES, EMBERS AND SPARKS

Mondays 6:30 & 7:30pm

Girl Guides offers girls and women a club in which to develop their sense of self, connect with their community and feel a sense of belonging. Our Shuniah Girl Guide Family offers programming for four branches of Guiding. Sparks are girls in SK and Grade 1. Embers (formerly Brownies) is for girls in Grades 2 and 3. Guides welcomes girls in Grades 4, 5 and 6. Pathfinders is for girls in Grades 7 and 8.

We meet Monday nights at MacGregor Rec. Sparks and Embers attend from 6:30 to 7:30 pm. Guides and Pathfinders meet from 7:30 to 8:30. Register on-line with Girlguides.ca, search for 'First Shuniah' under 'Find a Group/Unit'.

GROWING WITH MUSIK FAMILY MUSIC

Tuesdays 11am Starting January 30th

8-weeks \$80

Family Music is a 30-minute joyous class where little people and their caregivers have fun together, while building a foundation for future musical proficiency. The singing, chanting, moving and playing activities are designed to enhance the development of confidence, active listening and following along in the company of others. Children learn to play to a beat, to respond to rhythms, to sing and move to the kid-friendly folksongs, following a Musikgarten influenced curriculum. The child can respond in their own time while feeling secure interacting with their caregivers. It's a unique bonding opportunity! Call Karen Kent at 807-355-5520 or email her at karenlynnkent@gmail.com to register

EVENING YOGA with Lynne

Tuesdays 5:00-6:00 pm

January 9th - January 30th

February 6th - February 27th

March 5th - March 26th

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

KAIJU JUDO DOJO

Tuesdays and Thursdays 7-8:15 pm

Judo is an Olympic sport practiced by people of all ages. The goal is to develop physical skills and character. Students (Judoka) always work with a partner and must develop respect and trust. We help our students attend tournaments and 'level up' to higher belts. Our practices are friendly and fun. We play lots of games combined with strength and skill training. We welcome adults and children (over age 7). Email Martha to register marthadowsley@hotmail.com or come to a class to sign up! We run year-round.

WELLNESS WEIGHT TRAINING with Danielle

Wednesdays 9:30-10:30 am

January 10th - February 28th

8-week session \$150 - Drop In \$12 -First time? Try it out \$5

Looking to improve your strength?! This class is for all levels of fitness and abilities - anyone looking to feel better, move better & be stronger. Using weights, we move the whole body throughout the hour for improved mobility, strength and muscular endurance. Usually a circuit style class, but we mix it up from time to time! Contact Danielle

807.707.0876 or email: Strongmomcoaching@gmail.com

SHUFFLEBOARD LEAGUE

Wednesdays 1-3 pm

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 rqiardetti@shuniah.org

SHUNIAH ART GROUP: PAINTING CLASSES IN OIL AND ACRYLIC

Wednesdays 1:30-4:30 pm

NEW SESSION STARTS JANUARY 10th

Acrylic/oil painting classes with a difference, individual coaching and a 15-minute history of art component. All levels welcome. Enrolment is limited to 15 people.

Any questions? Contact Jeanne Marler jeanne@jeannemarler.com 807-631-7856

*****NEW CLASS ALERT!*****

Wednesday Weight Night

Wednesdays 5:30-6:15 pm

\$10/class or \$5 for retired individuals and students 16-18 yrs old

Weight training, and strength and conditioning with Certified Body Building and Corrective Exercise Specialist Jacque Kennedy contact at 807-629-1815 to register and for more information.

BALANCE, CORE & MORE with Danielle

Friday 9-10am

January 12th - March 1st

8-week session \$150 -Drop In \$12 -First time? Try it out \$5

This is a gentle movement and strength class that works the whole body in a slow, deep way. Can almost guarantee you will feel much better going out than when you walk in. We use bands or just bodyweight to challenge the body through various stretches and strengthening exercises. This class is appropriate for *anyone* hoping to increase range of motion, improve balance and general core strength. Contact Danielle 807.707.0876 or

email: Strongmomcoaching@gmail.com

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 in the community!

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