

## What is Happening at the MacGregor Recreation Centre?

800 Lakeshore Drive - More information call 344-1908 email [kathmaun@tbaytel.net](mailto: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](http://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](mailto: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](http://Girlguides.ca), search for 'First Shuniah' under 'Find a Group/Unit'.

## **GROWING WITH MUSIK FAMILY MUSIC**

### **Tuesdays 11am**

#### **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](mailto:karenlynnkent@gmail.com) to register

## **EVENING YOGA with Lynne**

### **Tuesdays 5:00-6:00 pm**

#### **March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> 3-week session (\$35)**

#### **April 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> 4-week session (\$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](mailto: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](mailto: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**

#### **8-week session \$80 - 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](mailto:Strongmomcoaching@gmail.com)

### **SHUFFLEBOARD LEAGUE**

**Tuesdays 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 [rgiardetti@shuniah.org](mailto:rgiardetti@shuniah.org)

### **SHUNIAH ART GROUP: PAINTING CLASSES IN OIL AND ACRYLIC**

**Wednesdays 1:30-4:30 pm**

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](mailto:jeanne@jeannemarler.com) 807-631-7856

### **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**

**7-week session \$70 -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](mailto: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.