

BET YOU'LL "FALL" IN LOVE WITH OUR NEW PROGRAMS!

Check out what's happening at the MacGregor Rec Centre!

800 Lakeshore Drive - More information email csec@shuniah.org

Follow MacGregor Rec Centre on Facebook and Instagram to keep in the know!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YIN YOGA 9:30AM	FAMILY MUSIC 11AM	WELLNESS WEIGHT TRAIN 9:30AM		BALANCE, CORE & MORE 9AM	ART GROUP 9:30AM Limited series - See below for dates!
TAI CHI 1PM <u>NEW!</u>	RE-FINDING YOUR AUTHENTIC SELF 11:30AM <u>NEW!</u>				
FUNCTIONAL FITNESS 2:30PM	SHUFFLEBOARD 1PM	ART GROUP 1:30PM	FUNCTIONAL FITNESS 2:30PM		
BOXING 5:15PM	YOGA 5PM	WEIGHT NIGHT 5:15PM	BOXING 5:15PM		
GIRL GUIDES 6:30PM	KETTLEBELL SPORT 6:30PM <u>NEW!</u> See info below for limited beginner series at 5:30pm!	YOUTH GROUP 6PM		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 WELCOMING AND SAFE ENVIRONMENT.

MORNING YIN YOGA with Lynn

Mondays 9:30-10:30am

September 14, 21, 28, October 5 -\$45 (4 sessions)

October 12, 19, 26, November 2 - \$45 (4 sessions)

Drop-in class \$15

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

This Yin yoga inspired class will include gentle standing postures, followed by yin poses and incorporate breathing techniques and relaxation. Yin yoga involves coming to stillness in supported postures to encourage deeper release within the connective tissues and promotes held tension to gradually soften.

If you have any questions and to pre-register, please email roblynn@tbaytel.net or message me at (807) 633-0183
Lynn Kallies Instructor.

NEW! TAI CHI with Bryon

Mondays 12:00-1:00pm - starts September 14th!

\$10 drop-in

All welcome with no experience or with some knowledge of Tai-Chi.

We will start with warm ups and then Tai-Chi Qigong, 6 forms of health, the international 8 form, then move to 16 and 24 forms. For registration and information please email tn-nelson@hotmail.com.

FUNCTIONAL FITNESS with Lynda

Mondays and Thursdays 2:30-3:30pm - starts September 10th

11 class drop-in punch card for \$80.00

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 5:15-6:00pm

\$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.

Please contact Jacquie at 807-629-1815 to register and for class information.

FIRST SHUNIAH GIRL GUIDES, EMBERS AND SPARKS

Mondays 6:30-7:30pm - starts September 21st

The First Shuniah Girl Guides 2025/26 itinerary includes on-site (Macgregor Rec Centre) and off-site activities that will have the girls learning new skills and working towards badges. Key focus areas include exploring our environment, STEM, diversity & inclusion and community-building - we're in for another great year. Limited spaces are still available and interested families can enroll on the Girl Guides of Canada Website. Reach out to firstshuniahgg@gmail.com for more information.

Our guiding seasons are made possible by many volunteers and community partners, and we have volunteer opportunities available for the Sparks & Embers. If you have a message to share or a skill to teach and would like to join us as a special guest, please contact firstshuniahgg@gmail.com. We'd love to have you!

GROWING WITH MUSIK FAMILY MUSIC with Karen

Tuesdays 11:00-11:30am

October 6th - December 1st

\$10 per class. Siblings are half price

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 kidfriendly 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 and e-transfer to growingwithmusik@gmail.com to register.

NEW! RE-FINDING OUR AUTHENTIC SELF with Diana

Tuesdays 11:30am-1:00pm

September 8th & 22nd, October 6th & 20th

Drop-ins welcome! Free to attend, limited spots available

All of our experiences have brought us to where we are today, but they do not define who we are. We cannot change those experiences, but we can strip away those that no longer serve us to reveal our authentic Self. In

everyday life there continue to be disruptions that distract us from being present, but when we cultivate awareness of what distracts us, we can use those obstacles and challenges to evolve our sense of self and embrace what truly matters in life. Re-finding your authentic Self is a lifelong journey and the purpose of this class is to unite like-minded others, build on that energy and live fully in the present moment.

Just bring a note pad, pen, your favourite beverage and your "lived" experience - no prior experience is required! Contact Diana at dianarkangas@gmail.com if you are interested in attending or have any questions.

THE SHUNIAH SHUFFLERS

Tuesdays 1:00-3:00pm - starts October 20th

Shuffleboard 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

EVENING YOGA with Lynn

Tuesdays 5:00-6:00pm

September 15, 22, 29, October 6 - \$45 (4 sessions)

October 13, 20, 27, November 3 - \$45 (4 Sessions)

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.

NEW! LIMITED SERIES: 4-WEEK BEGINNER KETTLEBELL COURSE with Lynda

Tuesdays 5:30pm-6:15pm in the Pavilion

September 15th - October 6th

60\$ for fall session

You will learn the basic techniques of kettlebell sport endurance lifting. Swings, grip, and breathing patterns will be introduced while you learn the main lifts of jerk, long cycle (clean and jerk), and snatch. No kettlebell experience is needed and all fitness levels are welcome. Once you have completed this class you will be able to register for the fall session of kettlebell sport classes offered on Tuesdays at 6:30pm. Classes are taught by level 2 kettlebell sport coach Lynda Roberts. Please contact Lynda at tbk@tbaytel.net or 807-632-8282 to register or if you have any questions.

NEW! KETTLEBELL SPORT TRAINING with Lynda

Tuesdays 6:30-7:30pm

October 13th - December 15th

\$100 for fall session

This class will build upon the techniques learned in the Introductory class and is open to anyone who has completed the Introductory class or who already has experience with kettlebell sport. Both single and double bell lifts will be covered along with other types of lifts such as pentathlon lifting. Instruction is provided by level 2 kettlebell sport coach Lynda Roberts. Please contact Lynda at tbk@tbaytel.net or 807 632-8282 to register.

ACRYLIC AND OIL PAINTING CLASSES with a smattering of art history (All levels welcome) - taught by Jeanne Marler

Wednesdays 1:30-4:30pm

September 16th - December 16th

\$260 for fall session

This three-hour class includes personal coaching, instruction on colour and composition and includes traditional and some abstract art techniques. Please contact Jeanne Marler for details and registration at (807) 631-7856.

NEW! LIMITED SERIES: ART WORKSHOPS with Jeanne

Please contact Jeanne Marler for further details and registration at (807) 631-7856. Descriptions below!

1) A BEGINNERS ACRYLIC PAINTING WORKSHOP

Saturday, September 19, 9:30am-3:30pm

\$60 for the day - All supplies included!

Create and take home your own first painting!

2) THE VISUAL LANGUAGE OF ABSTRACT PAINTING

Saturday, October 17, 9:30am-3:30pm

\$70 for the day - All supplies included!

This exciting workshop will be led by Julie Cosgrove, professor in the Department of Visual Arts, Lakehead University. Create your own abstract painting with a better understanding of the elements of composition.

3) MASTERING COLOUR AND TONE IN YOUR PAINTINGS (Oil and Acrylics)

Saturday, November 7, 9:30am-3:30pm

\$60 for the day - All supplies included!

Understanding the importance of colour and tone will give you more confidence in your painting. This workshop will include exercises, examples from the history of art and individual coaching from Jeanne on your painting.

4) CREATE AND PAINT YOUR OWN STILL LIFE (Acrylics)

Saturday, November 21, 9:30am-3:00pm

\$60 for the day - All supplies included!

WELLNESS WEIGHT TRAINING with Danielle

Wednesdays 9:30-10:30am

Fall session 1: September 9 - October 28 - \$85 (8 week)

Fall session 2: November 4 - December 16 - \$75 (7 weeks)

Drop in any week \$12/class

Open to anyone with some basic knowledge of strength training.

We work in circuit style most weeks to move a range of muscles and challenge strength from shoulders to toes.

Bring a yoga mat, if you have one, and clean shoes for inside the Rec Centre.

Contact Danielle 807-707-0876 or email: strongmomcoaching@gmail.com

WEDNESDAY WEIGHT NIGHT with Jacquie

Wednesdays 5:15-6:00pm

\$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 Jacquie Kennedy. Please contact her at 807-629-1815 to register and for important class information.

BALANCE, CORE & MORE with Danielle

Friday 9:00-10:00am

Fall session 1: September 4 - October 23 - \$85 (8 weeks)

Fall session 2: October 30 - December 11 - \$75 (7 weeks)

Drop in any week \$12/class

An hour devoted to gentle (not easy!) movement, mobility, and core strength. We focus on strength and joint range-of-motion for better balance and confidence in movement. Open to anyone, beginner - advanced.

Bring a yoga mat, if you have one, and clean shoes for inside the Rec Centre.

Contact Danielle 807-707-0876 or email: strongmomcoaching@gmail.com

YOUTH GROUP

Wednesdays and Fridays 6:00-9:00pm

STARTING SEPTEMBER 11TH WITH A GAME OF CAPTURE THE FLAG!!!

Drop in activities geared towards 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 Group Program offers fun organized activities to participate in - sports nights, skating rink (when the weather is right), craft nights, theme nights, dances, bingos, ping-pong games 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 and join in the fun!

JOIN YOUR FRIENDS AND MAKE NEW ONES AT THE MACGREGOR REC YOUTH GROUP!