

## 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
DAYCAMP 8AM-5PM	DAYCAMP 8AM-5PM	DAYCAMP 8AM-5PM	DAYCAMP 8AM-5PM	DAYCAMP 8AM-5PM
			FUNCTIONAL FITNESS 2:30PM	
BOXING 5:15PM		WEIGHT NIGHT 5:15PM	BOXING 5:15PM	

A **HUGE** THANK YOU TO ALL OUR PROGRAM FACILITATORS WHO WORK HARD TO PROVIDE RECREATIONAL OPPORTUNITIES IN OUR SHUNIAH COMMUNITY THROUGOUT THE YEAR! ENJOY YOUR TIME OFF THIS SUMMER AND WE LOOK FORWARD TO SEEING EVERYONE (WELL RESTED) IN THE FALL!

### 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.

### FUNCTIONAL FITNESS with Lynda

**Thursdays 2:30-3:30pm**

**\$20/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.

### 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 Jacquie Kennedy contact at 807-629-1815 to register and for more information.

**SEE YOU THERE!**  
**SHUNIAH COMMUNITY YARD SALE**

**SATURDAY JULY 13TH 9AM-1PM**  
**MACGREGOR RECREATION CENTRE**  
**PARKING LOT & PAVILION**

800 Lakeshore Drive

**RESERVE A SPOT NOW**

**EMAIL [kathmaun@tbaytel.net](mailto:kathmaun@tbaytel.net)**

