

# Wasaga Beach Recreation



## Beach Front Fitness Programs



### CO-ED BEACH VOLLEYBALL

Stop sitting on the sidelines and start playing volleyball! This popular beach activity is a great way to turn your pool day into an intense workout. Sand volleyball carries all the same health benefits as indoors, and adds a few of its own, thanks to the unique qualities of a sand court.

**Tue., Jul. 5 – Aug. 23, 2022**

**6:00 – 9:00 pm**

Fee: \$20.00 + HST, Drop-in: \$2.00

**Beach Area 2**

*Tuesday evening parking pass provided for Spruce St. Parking Lot.*

### BEACHFRONT FAB AND FUN

These instructor lead workouts will focus on core, upper/lower body strength training and finish with stretching. This exciting program is exactly what you'll want to be beach ready for this beach town!

**Tues., Jul. 5 – Aug. 23, 2022**

**6:00 – 7:00 pm**

Fee: \$65.00 + HST

**Beach Area 2**

*Tuesday evening parking pass provided for Spruce St. Parking Lot.*

## Fab & Fun



### SUNSET BEACHFRONT YOGA

Enjoy delightful Zen sunsets at our beautiful beachfront with one of the area's best yoga instructors. This eight week beachfront yoga program will help you increase flexibility and relaxation. Feel the sand between your toes and let Jen Tindale from Wasaga Beach yoga lead you through this series of one hour classes

**Tues., Jul. 5 – Aug. 23, 2022**

**7:15 – 8:15 pm**

Fee: \$65.00 + HST

**Beach Area 2**

*Tuesday evening parking pass provided for Spruce St. Parking Lot.*



**Register online**



**Recreation, Events & Facilities**

[www.wasagabeach.com](http://www.wasagabeach.com) | (705) 429-3321

*Connecting with your Community*

