



DDPY Fitness Classes

SPRING 2024 (April - June)

LOCATION

RDAPC – Royal Distributing Athletic Performance Centre – 7384 Wellington Rd. 30 Guelph, Ontario N1H6J2

MCC – Marden Community Centre - 7368 Wellington Rd. 30 Guelph, Ontario N1H6J2

Class	Instructor	Day	Time	Location	Start
DDPY	Lisa	Monday	7:00 pm	MCC	March 25, 2024 (10 weeks)
DDPY Rebuild	Marcel	Tuesday	1:00 pm	RDAPC	April 23, 2024 (8 weeks)
DDPY	Marcel	Tuesday	6:00 pm	RDAPC	April 23, 2024 (8 weeks)
DDPY Level 2	Marcel	Thursday	6:00 pm	MCC	April 25, 2024 (8 weeks)
DDPY	Marcel	Thursday	7:00 pm	MCC	April 25, 2024 (8 weeks)

LOCATION

Rockmosa - 110 Rockmosa Drive, Rockwood, Ontario, NOB 2K0

Class	Instructor	Day	Time	Location	Start
DDPY Rebuild	Marcel	Wednesday	3:00 pm	Rockmosa	April 3, 2024 (8 weeks)
DDPY	Marcel	Wednesday	4:00 pm	Rockmosa	April 3, 2024 (8 weeks)

All classes run for 8-10 weeks.

Cost: \$63.20 (8 class session) or \$79.00 (10-class session) (plus HST)

REGISTRATION Online at: www.get.on.ca/fitness (look under Adult/Sports and Fitness)

For more information:

RDAPC/MCC Classes: Dave Nichol – dnichol@get.on.ca

Rockwood Classes: Melissa Biffis – mbiffis@get.on.ca



Any questions about DDPY Fitness? – Marcel Doré marcel@transitioncoach.ca or Lisa Bellon lisabelloncoaching@gmail.com

Due to Marcel being away three weeks between May - June 2024, please note the following dates of classes and absences.

Spring 2024 Session is 8 classes.

- Tuesday Classes (RDAPC) start April 23 and ends on July 2
- Wednesday Rockwood starts April 3 and ends on June 5
- Thursday Classes (Marden) start April 25 and ends on July 4

Marcel's SPRING 2024 DDPY / DDPY Rebuild Classes		
Tuesday at RDAPC	Wednesday in Rockwood	Thursday at MCC
<p>Classes: April 23, 30 May 14, 21 June 4, 18, 25 July 2</p> <p>No Classes: May 7, May 28, June 11</p>	<p>Classes: April 3, 10, 17, 24 May 1, 15, 22 June 5</p> <p>No Classes: May 8, May 29</p>	<p>Classes: April 25 May 2, 16, 23 June 6, 20, 27 July 4</p> <p>No Classes: May 9, May 30, June 13</p>