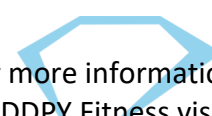



DDPY Fitness In-Person Classes - Spring 2023 - April 3, 2023, to June 15, 2023

	Monday	Tuesday	Wednesday	Thursday	
11:00 am	 For more information on DDPY Fitness visit: https://ddpyoga.com/			DDPY Fitness Marcel RDAPC	 Guelph/Eramosa Township (MCC) Marden Community Centre 7368 Wellington County Rd 30, Guelph, ON (RDAPC) Royal Distributing Athletic Performance Centre 7384 Wellington County Rd 30, Guelph Rockmosa Community Centre 110 Rockmosa Dr., Rockwood
3:00 pm			DDPY Rebuild Marcel Rockmosa		
4:00 pm		DDPY Fitness Marcel Rockmosa			
6:00 pm	DDPY Level 2 Marcel MCC	DDPY Fitness Marcel RDAPC			
7:00 pm	DDPY Level 1 Lisa at MCC	REGISTRATION ONLINE: https://www.get.on.ca/fitness or Email: MCC and RDAPC – dnichol@get.on.ca Rockmosa – mbiffis@get.on.ca			

DDPY Fitness (for everyone)

DDPY workouts are uniquely designed to strengthen muscles, ligaments, and tendons while stabilizing core muscles, increasing flexibility, agility, and balance. You'll get a great cardio workout with minimal joint impact, and you'll do it at your pace. Required for all DDPY workouts: Yoga mat, sweat towel, water bottle, and heart rate monitor (suggested).

- **DDPY Rebuild** – For individuals who struggle with limited mobility. This workout is the perfect starting point if you're injured or just haven't been active for a while or having trouble with balance or standing for long periods of time. You will start on a chair, then on your feet using a chair to assist you with balance.
- **DDPY Level 1** - Build on the foundational moves of DDPY, work at your own level and then challenge yourself more when you are ready. This is a good starting point for those who are relatively new to DDPY.
- **DDPY Level 2** - Continue to challenge yourself further with moves that are more difficult, but always with the option of modifying to suit you. This is a great class if you have done DDPY for a while and are ready to take it to the next level

Instructors: Lisa Bellon – lisabelloncoaching@gmail.com and Marcel Doré – marcel@transitioncoach.ca