



## DDPY In-Person Fitness Classes January 9, 2023 to March 16, 2023

	Monday	Tuesday	Wednesday	Thursday	
3:00 pm	 For more information on DDPY Fitness visit: <a href="https://ddpyoga.com/">https://ddpyoga.com/</a>		<b>DDPY Rebuild</b> Marcel Rockmosa		 <b>Guelph/Eramosa Township</b> Marden Community Centre (MCC) 7368 Wellington County Rd 30, Guelph, ON  Royal Distributing Athletic Performance Centre (RDAPC) 7384 Wellington County Rd 30, Guelph  Rockmosa Community Centre 110 Rockmosa Dr., Rockwood
4:00 pm			<b>DDPY Fitness</b> Marcel Rockmosa		
5:00 pm	<b>DDPY Rebuild</b> Marcel MCC				
6:00 pm	<b>DDPY Level 2</b> Marcel MCC	<b>DDPY Fitness</b> Marcel RDAPC		<b>DDPY Fitness</b> Marcel RDAPC	
7:00 pm	<b>DDPY Level 1</b> Lisa MCC	<b>CLASS REGISTRATION ONLINE:</b> <a href="https://www.get.on.ca/fitness">https://www.get.on.ca/fitness</a> (under Adult Sports/Fitness) <b>or Email:</b> MCC and RDAPC – <a href="mailto:dnichol@get.on.ca">dnichol@get.on.ca</a> Rockmosa – <a href="mailto:mbiffis@get.on.ca">mbiffis@get.on.ca</a>			

### 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. Our instructors are trained to help you work out at your own level. Required for all DDPY workouts: Yoga mat, sweat towel, water bottle, and heart rate monitor (suggested).

### Special Classes:

- **DDPY Rebuild** – For individuals who struggle with limited mobility. Through a progressive series of workouts, you'll build arms, legs, and core strength, increase flexibility, and decrease pain. 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, build strength and start to tone those muscles. You will be able to 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](mailto:lisabelloncoaching@gmail.com)

Marcel Dore – [marcel@transitioncoach.ca](mailto:marcel@transitioncoach.ca)