











Guelph/Eramosa Township Fall 2022 DDPY, Adult and 55+ Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday						
9:00 am	<i>Healthy Aging Exercise</i> (Rockmosa) - Glen Froom	<i>Use it, Lose it, Tone it Up</i> (RDAPC) - Nancy Revie	<i>Fit Hits the Fan <u>Progressive</u></i> (Rockmosa) - Margaret Iutzi	<i>Use it, Lose it, Tone it Up</i> (RDAPC) - Nancy Revie	<i>Bands and Bells <u>Progressive</u></i> (Rockmosa) - Margaret Iutzi						
10:00 am	<i>Abs, Core and More</i> (Rockmosa) - Glen Froom	<i>Music 'N Motion</i> (RDAPC) - Nancy Revie	<i>Fit Hits the Fan <u>Gentle</u></i> (Rockmosa) - Margaret Iutzi	<i>Music 'N Motion</i> (RDAPC) - Nancy Revie	<i>Bands and Bells <u>Gentle</u></i> (Rockmosa) - Margaret Iutzi						
1:00 pm	 Guelph/Eramosa Township Adult and 55+ Fitness Classes <u>Starting September 2022</u> For details and registration, visit https://www.get.on.ca/fitness		<i>The Benefits of Bone Health</i> (RDAPC) - Nancy Revie	<i>Healthy Aging Exercise</i> (RDAPC) - Glen Froom							
2:00 pm			<i>WALKING Pole Dancing</i> (RDAPC) - Nancy Revie	<i>Abs, Core and More</i> (RDAPC) - Glen Froom							
3:00 pm			<i>DDPY Fitness Rebuild</i>  (Rockmosa) - Marcel Doré								
4:00 pm	Questions? Call: (519) 856-9596 or Email dnichol@get.on.ca for Marden Classes mbiffis@get.on.ca for Rockwood Classes	<i>DDPY Fitness</i>  (RDAPC) - Marcel Doré	<i>DDPY Fitness</i>  (Rockmosa) - Marcel Doré	<i>DDPY Fitness</i>  (RDAPC) - Marcel Doré							
5:00 pm		<i>DDPY Fitness Rebuild</i>  (RDAPC) - Marcel Doré		<i>DDPY Fitness Rebuild</i>  (RDAPC) - Marcel Doré							
6:00 pm		<i>DDPY Fitness</i>  (RDAPC) - Marcel Doré		<i>DDPY Fitness</i>  (RDAPC) - Marcel Doré							
7:00 pm	<i>DDPY Fitness</i>  (MCC) - Lisa Bellon	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">RDAPC</td> <td>Royal Distributing Athletic Performance Centre - 7384 Wellington Rd. 30 (Marden Rd)</td> </tr> <tr> <td style="text-align: center;">MCC</td> <td>Marden Community Centre - 7368 Wellington Rd. 30 (Marden Road)</td> </tr> <tr> <td style="text-align: center;">Rockmosa</td> <td>Rockmosa Community Centre - 110 Rockmosa Dr., Rockwood</td> </tr> </table>				RDAPC	Royal Distributing Athletic Performance Centre - 7384 Wellington Rd. 30 (Marden Rd)	MCC	Marden Community Centre - 7368 Wellington Rd. 30 (Marden Road)	Rockmosa	Rockmosa Community Centre - 110 Rockmosa Dr., Rockwood
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For details and registration, visit <https://www.get.on.ca/fitness>

Questions? - Call: (519) 856-9596


or


Email - dnichol@get.on.ca for Marden Classes or mbiffis@get.on.ca for Rockwood Classes

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Healthy Aging Exercise - A co-ed class focused on improving cardiovascular fitness, building functional muscle strength, flexibility, and balance. Learn how to train safely and effectively using weights, a chair, and your body weight. Individuals of all skills are encouraged to attend. Join us in a friendly, non-competitive atmosphere. Required: Indoor athletic shoes, comfortable clothing, light dumbbells, yoga/exercise mat and water bottle.

Abs, Core and More - This co-ed class will work on improving the overall strength of your upper body, abdominals, buttocks, and legs. During this challenging, fun-to-music class, you will be using your own body weight, bands, tubing, and other exercise equipment, followed by stretching/flexibility and balance. Join us in a safe, friendly, non-competitive atmosphere. Required: Indoor athletic shoes, comfortable clothing, light dumbbells, yoga/exercise mat and water bottle.

DDPY Fitness  - DDPY combines the very best of yoga, traditional fitness, sports therapy, and dynamic resistance to create one of the most effective fitness plans in existence today. DDPY is suitable for everyone wanting to perform at an optimum level and want to see life changing results while improving their activity and quality of life. Required: Yoga mat, water bottle, and towel. Heart rate monitor is highly recommended.

DDPY Fitness Rebuild  - Designed specifically for those who struggle with limited mobility. Start with chair workouts progress at your own pace. DDPY combines the very best of yoga, traditional fitness, sports therapy, and dynamic resistance to create one of the most effective fitness plans in existence today. DDPY is suitable for everyone wanting to see life changing results while improving their activity and quality of life. Required: Yoga mat, water bottle, and towel. Heart rate monitor is highly recommended.

Use it, Lose it, Tone it Up - A complete workout incorporating the latest evidence-based medical research from the Canadian Center for Activity and Aging. Our CCAA-certified fitness instructor will take you through a 50-minute workout to boost your cardio, enhance your strength, stretch, and tone those muscles in a safe, friendly, non-competitive atmosphere. Classes include great music, a lot of laughs and fun. Do something good for yourself! Required: Good-fitting indoor athletic shoes, comfortable clothing, weights, a band, mat, and water bottle.

Music 'N Motion - Time to get moving! You get a little bit of everything with this class. A fun 50 minutes with all the components of a healthy exercise routine. This class is a great stress-reliever and the perfect way to get some movement into your life. Work at your own pace with feel-good exercises to enhance your health and well-being. Come move to the groove; have fun and be fit! Class can be done in a chair or standing. Required: Good-fitting indoor athletic shoes, comfortable clothing, weights, a band, mat and water bottle.

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Fit Hits the Fan (Progressive or Gentle) - This class consists of cardiovascular, balance and strength interval components in five-minute increments. The components alternate - cardio, balance, strength - for the duration of the fifty-minute class. Most of the class is spent standing. The **Progressive** class is ideal for those comfortable with a faster pace of exercise. The **Gentle** class is ideal for beginners or those who enjoy a more relaxed pace. Required: Comfortable indoor athletic shoes (mandatory for safety), comfortable clothing, light dumbbells, resistance bands, and water bottle.

The Benefits of Bone Health - Come and enjoy an active training program for health and exercise with BoneFit™. Nancy Revie is a BoneFit™ trained exercise professional through Osteoporosis Canada. Great music helps us work through exercises and activities that will improve balance, strength, endurance, and posture. Be brave! Join us for the health of it. All exercises can be modified so all can participate. Required: Comfortable indoor athletic shoes, comfortable clothing, weights, a band, water bottle, and a mat.

WALKING Pole Dancing - It's not what you think! Bring your Urban/Activator Poles to class as we exercise to the beat WITH OUR WALKING POLES for 30 minutes followed by 20 minutes of walking the track instructed, motivated, and encouraged by our Certified Urban Pole Walking Instructor. All you need are your poles and a desire to have a great time! Looking forward to creating a healthy atmosphere and optimizing your pole workouts! Required: Indoor athletic shoes, comfortable clothing, water bottle and a set of Walking Poles. Urban Walking Poles can be purchased at the RDAPC front desk if required (Tax free if purchased with session). Required: Comfortable indoor athletic shoes and clothing, URBAN poles and a water bottle.

Bands and Bells (Progressive or Gentle) - This class begins with a cardio component, followed by a balance and strength segment and winds down with flexibility / stretching exercises. The instructor will adapt exercises to accommodate all fitness levels; this class is suited for people who enjoy a little bit of everything! The **Progressive** class is ideal for those comfortable with a faster pace of exercise. The **Gentle** class is ideal for beginners or those who enjoy a more relaxed pace. Required: Comfortable indoor athletic shoes (mandatory for safety), comfortable clothing, light dumbbells, resistance bands, yoga/exercise mat, and water bottle.