

Summer Fitness 2024

Date	Time	Class	Location	Instructor
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Week 1				
Tuesday July 9th	9am	Strength and Stretch Level 2	RDAPC	Kathi
	10am	Strength and Stretch Level 1	RDAPC	Kathi
	5pm	DDPY - Rebuild	MCC	Marcel
	6pm	DDPY	RDAPC	Marcel
Wednesday July 10th	9am	Yoga	MCC	Rebecca
	11am	Bands and Bells Level 2	RDAPC	Margaret
	12pm	Bands and Bells Level 1	RDAPC	Margaret
Thursday July 11th	9am - 12pm	Active 55+ Mental Health Fitness	RDAPC	N/A
	6pm	DDPY	RDAPC	Marcel

Week 2				
Tuesday July 16th	9am	Strength and Stretch Level 2	RDAPC	Kathi
	10am	Strength and Stretch Level 1	RDAPC	Kathi
	5pm	DDPY - Rebuild	MCC	Marcel
	6pm	DDPY	RDAPC	Marcel
Wednesday July 17th	9am	Yoga	MCC	Rebecca
	11am	Bands and Bells Level 2	RDAPC	Margaret
	12pm	Bands and Bells Level 1	RDAPC	Margaret
Thursday July 18th	9am - 12pm	Active 55+ Mental Health Fitness	RDAPC	N/A
	5pm	DDPY - Rebuild	MCC	Marcel
	6pm	DDPY	RDAPC	Marcel

Week 3				
Tuesday July 23rd	9am	Strength and Stretch Level 2	RDAPC	Kathi
	10am	Strength and Stretch Level 1	RDAPC	Kathi
Wednesday July 24th	9am	Yoga	MCC	Rebecca
	11am	Bands and Bells Level 2	RDAPC	Margaret
	12pm	Bands and Bells Level 1	RDAPC	Margaret
Thursday July 25th	9am - 12pm	Active 55+ Mental Health Fitness	RDAPC	N/A

Week 4				
Tuesday July 30th	9am	Strength and Stretch Level 2	RDAPC	Kathi
	10am	Strength and Stretch Level 1	RDAPC	Kathi
	5pm	DDPY - Rebuild	MCC	Marcel
	6pm	DDPY	RDAPC	Marcel
Wednesday August 1st	9am	Yoga	MCC	Rebecca
	11am	Bands and Bells Level 2	RDAPC	Margaret
	12pm	Bands and Bells Level 1	RDAPC	Margaret
Thursday August 2nd	9am - 12pm	Active 55+ Mental Health Fitness	RDAPC	N/A
	5pm	DDPY - Rebuild	MCC	Marcel
	6pm	DDPY	RDAPC	Marcel

Week 5				
Tuesday August 6th	9am	Strength and Stretch Level 2	RDAPC	Kathi
	10am	Strength and Stretch Level 1	RDAPC	Kathi
Wednesday August 7th	9am	Yoga	MCC	Rebecca
	11am	Bands and Bells Level 2	RDAPC	Margaret
	12pm	Bands and Bells Level 1	RDAPC	Margaret
Thursday August 8th	9am - 12pm	Active 55+ Mental Health Fitness	RDAPC	N/A

Week 6				
Tuesday August 13th	9am	Strength and Stretch Level 2	RDAPC	Kathi
	10am	Strength and Stretch Level 1	RDAPC	Kathi
	5pm	DDPY - Rebuild	MCC	Marcel
	6pm	DDPY	RDAPC	Marcel
Wednesday August 14th	9am	Yoga	MCC	Rebecca
	11am	Bands and Bells Level 2	RDAPC	Margaret
	12pm	Bands and Bells Level 1	RDAPC	Margaret
Thursday August 15th	9am - 12pm	Active 55+ Mental Health Fitness	RDAPC	N/A
	5pm	DDPY - Rebuild	MCC	Marcel
	6pm	DDPY	RDAPC	Marcel

Week 7				
Tuesday August 20th	9am	Strength and Stretch Level 2	RDAPC	Kathi
	10am	Strength and Stretch Level 1	RDAPC	Kathi
	5pm	DDPY - Rebuild	MCC	Marcel
	6pm	DDPY	RDAPC	Marcel
Wednesday August 21st	9am	Yoga	MCC	Rebecca
	11am	Bands and Bells Level 2	RDAPC	Margaret
	12pm	Bands and Bells Level 1	RDAPC	Margaret
Thursday August 22nd	9am - 12pm	Active 55+ Mental Health Fitness	RDAPC	N/A
	5pm	DDPY - Rebuild	MCC	Marcel
	6pm	DDPY	RDAPC	Marcel

Week 8				
Tuesday August 27th	5pm	DDPY - Rebuild	MCC	Marcel
	6pm	DDPY	RDAPC	Marcel
Wednesday August 28th	9am	Yoga	MCC	Rebecca
	11am	Bands and Bells Level 2	RDAPC	Margaret
	12pm	Bands and Bells Level 1	RDAPC	Margaret
Thursday August 29th	9am - 12pm	Active 55+ Mental Health Fitness	RDAPC	N/A
	5pm	DDPY - Rebuild	MCC	Marcel
	6pm	DDPY	RDAPC	Marcel

*****NEW*** Grey 'N' Play ***NEW*****

It's Tot 'N' Play for older adults!

Introducing Grey 'N' Play!! This new program is designed to improve social, physical and mental health. This self lead program runs weekly, Thursday mornings 9am - 12pm at the RDAPC. The facility will be set up for Drop in field activities as well as coffee & tea, cards and boardgames in the learning room. Head out to the field and enjoy an assortment of low impact active yard games. Test your golf skills by chipping at our targets, try out disk golf, enjoy a classic game of bocce, corn hole, washer toss and more!

The Grey 'N' Play trial season will run Thursdays July 11 - August 29. A Summer Gray'N'Play pass is included FREE with any Summer Fitness pass.