



## DDPY 2020 Winter Session

### Two Free DDPY Classes

Try out DDPY - bring a friend - a yoga mat - water bottle and sweat towel!

January 7, 2020  
6:00 PM at RDAPC

January 8, 2020  
4:00 PM at Rockmosa

### 10-week Winter Session begins Tuesday January 14, 2020

Tuesday	Wednesday	Thursday
	7:15 AM - Level 1 RDAPC	
3:00 PM - Level 1 RDAPC		3:00 PM - Level 1 RDAPC
	4:00 PM - Level 1 Rockmosa	
6:00 PM - Level 1 RDAPC		6:00 PM - Level 2 Marden CC
		7:15 PM - Level 1 Marden CC

**Royal Distributing Athletic Performance Centre (RDAPC)**  
 7384 Wellington Rd 30 (Marden Road), Guelph/Eramosa  
**Marden Community Centre (Marden CC)**  
 7368 Wellington Rd 30 (Marden Road), Guelph/Eramosa  
**Rockmosa Community Centre**  
 110 Rockmosa Drive, Rockwood

**RDAPC/Marden CC Registration:** Call 519-856-9596 x 201  
 or email Dave at [dnichol@get.on.ca](mailto:dnichol@get.on.ca)

**Rockwood Registration:** Call 519-856-9596 x 139  
 or email Melissa at [mbiffis@get.on.ca](mailto:mbiffis@get.on.ca)

10 Weeks - \$65.00 (plus HST)

More details at: <https://transitioncoach.ca/ddpy>  
 or Email questions to: [marcel@transitioncoach.ca](mailto:marcel@transitioncoach.ca)

