

Benefits:

- Improves muscular strength
- Increases flexibility
- Strengthens the core
- Body fat loss
- Improved cardio levels
- All with minimal joint impact!

NO previous Yoga experience required!

- No running
- No jumping
- No lifting

Required: Yoga Mat, Water Bottle, and Sweat Towel. Heart Rate Monitor is highly recommended!



NEW Fall 2017 DDPY Level 1 Classes Starting October 3 and 5, 2017

Tuesdays: at **Royal Distributing Athletic Performance Centre**, 7384 Wellington Rd. 30
6:00-7:00 p.m. Oct 3 – Dec 19, 2017 \$60+HST (10 classes)

Thursdays: at **Marden Community Centre**, 7368 Wellington Road 30
6:00-7:00 p.m. or 7:30-8:30 p.m. Oct 5 – Dec 21, 2017 \$60+HST (10 classes)

INTRODUCING A NEW CLASS (Maximum enrolment: 12)

DDP Yoga Level 1 and the DDP Yoga Fitness System - This 90-minute class is for individuals who are deconditioned or limited by injuries/pain or have a lot of weight to lose. This class will be a combination of active group discussion as well as safe DDP Yoga movements. We will focus on:

- Detailed modifications of DDP Yoga exercises
- Healthy eating for fat loss
- Reducing inflammation and pain
- Setting goals and maintaining benefits of health, fat loss and overall fitness

Tuesdays: at **Royal Distributing Athletic Performance Centre**, 7384 Wellington Rd. 30
7:30-9:00 p.m. Oct 3 – Dec 19, 2017 \$90+HST (10 classes)

REGISTRATION OPENS SEPTEMBER 5, 2017

To **REGISTER** or for more **INFORMATION**, call or email Dave Nichol
519-856-9596 x201 email: dnichol@get.on.ca