



Coming to Rockmosa in September 2018!

DDP Yoga (also known as DDPY), developed by WWE Hall of Fame inductee, **Diamond Dallas Page**, combines the very best of yoga, old-school calisthenics, sports rehabilitation therapy and dynamic resistance to create one of the most effective fitness plans in existence today.

It allows anyone, all ages, all fitness levels and all sizes to:

- Get an excellent cardio workout
- Increase flexibility
- Strengthen core muscles
- Experience almost no joint impact



Rockmosa DDPY Classes Starting September 26, 2018

Every Wednesday at:

3:00 – 3:50 PM

and

4:00 – 4:50 PM

10 week session (10 classes): \$65.00+ HST
(No classes Nov. 14 and Nov. 21, 2018)

For more information or to register:

Melissa Biffis

Community Programs Coordinator
Rockmosa Community Centre
110 Rockmosa Drive, Rockwood

(519) 856-9596 Ext: 139
mbiffis@get.on.ca

DDPY Instructor – Marcel Doré MD
Hospital Medicine Physician – Guelph.
Marcel has personally experienced the benefits of DDPY in his weight loss and fitness journey. Now, 57 years young and a grandfather, he is fitter now than anytime in the past 20 years, despite significant degenerative disc disease of the back, herniated discs with sciatica and a torn knee meniscus. He also loves cycling, golf, slo-pitch baseball, snowshoeing and hiking. Marcel has been teaching DDP Yoga since January 2015 and is pleased to share this health improvement experience through classes in Guelph and Rockwood, welcoming all fitness levels, all experience levels.

Questions about DDPY:

Contact Marcel directly at:

Email: marcel@transitioncoach.ca

WEBSITE: <https://transitioncoach.ca/>

