

Use it! Lose it! Tone it Up! RDAPC

Increase your core strength, tone muscles, get your heart pumping and feel great about your body. By using a variety of techniques we will build stamina, strength and help you burn those calories. Everyone works at their own pace and strength level in a supportive and non-competitive environment.

Required: good-fitting running shoes, comfortable clothing, water bottle, a set of light weights, and mat

Instructor: Nancy Revie

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Tuesdays 9:00-9:50 a.m. 10 Classes Sept 26 – Dec 5 \$60
Thursdays 9:00-9:50 a.m. 10 Classes Sept 28 – Dec 14 \$60
(No Class Oct 5)

Tuesdays 9:00 – 9:50 a.m. 10 Classes Jan 16 – March 27 \$60
(No Class Feb 6)
Thursdays 9:00 – 9:50 a.m. 10 classes Jan 18 – March 29 \$60
(No Class Feb 8)

Music 'n Motion (Introductory Class) RDAPC

Looking for a place to begin your fitness program? Come join our INTRODUCTORY CLASS of Music 'n Motion. You get a little bit of everything - all with great music to distract you! This class is a great stress-reliever and the perfect way to burn off calories. Work at your own pace with feel good exercises to enhance your health and well-being.

Required: good-fitting indoor running shoes, comfortable clothing, water bottle, and a set of light weights.

Instructor: Nancy Revie

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Tuesdays 10:00-10:50 a.m. 10 Classes Sept 26 – Dec 5 \$60

Tuesdays 10:00 – 10:50 a.m. 10 Classes Jan 16 – March 27 \$60
(No Class Feb 6)

Chair Yoga RDAPC

Chair yoga is one of the gentlest forms of yoga - a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on a chair or the chair is used for support during standing and balance poses. Come join us for a safe, gentle and effective class to stretch and strengthen your body.

Required: comfortable clothing and water bottle

Instructor: Nancy Revie

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Thursdays 10:00-10:50 a.m. 10 Classes Sept 28 – Dec 14 \$60
(No Class Oct 5)

Thursdays 10:00 – 10:50 a.m. 10 classes Jan 18 – March 29 \$60
(No Class Feb 8)

Gentle Yoga

Whether you're new to yoga or have been practicing for years ~ this class is for you! This class will bring attention to your breath and provide you with the basics of yoga postures and movement while reducing stress, and promoting overall well-being.

Required: Comfortable clothing, a yoga mat and water bottle.

Instructor: Rebecca Boyington

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Tuesdays	9:00-10:00 a.m.	10 Classes	Sept 26 – Dec 5	\$60
Thursdays	9:00-10:00 a.m.	10 Classes	Sept 28 – Dec 7	\$60

Tuesdays	9:00 – 10:00 a.m.	10 Classes	Jan 16 – March 20	\$60
Thursdays	9:00 – 10:00 a.m.	10 classes	Jan 18 – March 22	\$60

Yoga – Moving Forward

This progressive class will help you move past the introductory elements and build on your strength, flexibility and balance. You will learn new poses, movements and postures and understand how important your breath becomes during your practice. Modifications for different abilities will be offered.

Required: Comfortable clothing, a yoga mat and water bottle.

Instructor: Rebecca Boyington

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Tuesdays	10:10 – 11:10 a.m.	10 Classes	Sept 26 – Dec 5	\$60
Thursdays	10:10 – 11:10 a.m.	10 Classes	Sept 28 – Dec 7	\$60

Tuesdays	10:10 - 11:10 a.m.	10 Classes	Jan 16 – March 20	\$60
Thursdays	10:10 – 11:10 a.m.	10 Classes	Jan 18 – March 22	\$60

Chair Yoga

Chair yoga is one of the gentlest forms of yoga - a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on a chair or the chair is used for support during standing and balance poses. Come join us for a safe, gentle and effective class to stretch and strengthen your body.

Required: Comfortable clothing and water bottle.

Instructor: Rebecca Boyington

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Mondays (No class Oct 9)	10:00 a.m. – 11:00 a.m.	10 Classes	Sept 25 – Dec 11	\$60
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Mondays (No class Feb 19)	10:00 a.m. – 11:00 a.m.	10 Classes	Jan 15 – March 26	\$60
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Band and Bells

This combo class of resistance bands and dumbbells offers a cardiovascular warm up, followed by a balance component, strength training and a stretching cool down. Participants can choose which resistance equipment they prefer to work with. Bands are provided and those preferring weights please bring your own.

Required: good-fitting shoes, comfortable clothing, water bottle

Instructor: Margaret Iutzi

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Fridays 9:30 - 10:20 a.m. 10 Classes Sept 29 – Dec 8 \$60

Fridays 9:30 – 10:20 a.m. 10 Classes Jan 19 – March 23 \$60

Earn the Burn Circuit Training

This class has a bit of everything - balance, speed, agility, strength and stamina. Challenge yourself on a circuit training format where each participant performs a different exercise for one minute, has a brief break, then moves on to the next. A variety of equipment provides a variety of challenges....are you up for it?

Registration limited to 8 participants

Required: good-fitting gym shoes, comfortable clothing, water bottle

Instructor: Margaret Iutzi

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Fridays 8:30 - 9:20 a.m. 10 Classes Sept 29 – Dec 8 \$60

Fridays 8:30 - 9:20 a.m. 10 Classes Jan 19 – March 23 \$60

Mixed DDP Yoga

DDP YOGA combines the very best of yoga, traditional fitness, sports therapy and dynamic resistance to create a very effective fitness plan. It allows anyone to get an amazing cardio workout while improving muscular strength, increasing flexibility and strengthening your core in a single workout...all with minimal joint impact! See life changing results while improving your activity level and quality of life. OPEN TO ALL AGES!

Required: Yoga Matt, Water Bottle, and Towel. Heart Rate Monitor highly recommended

Instructor: Marcel Dore

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Tuesdays 6:00 - 7:00 p.m. 10 Classes Oct 3 – Dec 5 \$60

Thursdays 6:00 -7:00 p.m. 10 Classes Oct 5 – Dec 7 \$60

Thursdays 7:30 - 8:30 p.m. 10 Classes Oct 5 – Dec 7 \$60

Tuesdays 6:00 - 7:00 p.m. 10 Classes Jan 23 – March 27 \$60

Thursdays 6:00 -7:00 p.m. 10 Classes Jan 25 – March 29 \$60

Thursdays 7:30 - 8:30 p.m. 10 Classes Jan 25 – March 29 \$60

DDP Yoga Level 1 and the DDP Yoga Fitness System

Diamond Dallas Page originally developed DDP YOGA for athletes like himself who had suffered years of injuries due to high impact sports. He also learned that very deconditioned or overweight men and women could do DDP YOGA as well. This longer class is for individuals who are deconditioned, limited by injuries/pain or have significant weight to lose and will focus on:

- Detailed modifications of DDP Yoga exercises
- Healthy Eating for Fat Loss
- Reducing inflammation and pain
- Setting goals and maintaining benefits of fat loss and overall fitness

***Optional workbook recommended for \$20. Workbook can be purchased in-class
Maximum enrolment: 12*

Required: Yoga Matt, Water Bottle, and Towel. Heart Rate Monitor highly recommended

Instructor: Marcel Dore

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Tuesdays 7:30 – 9:00 p.m. 10 Classes Oct 3 – Dec 5 \$90

Tuesdays 7:30 - 9:00 p.m. 10 Classes Jan 23 – March 27 \$90

Multiple Class Discount: When you sign up for a second class you receive a \$10 discount for the second class, additionally if you sign up for 3 classes you will receive a \$20 discount on your third class.

Partner Discount: When 2 residents that live in the same household sign up for the same class, the second registration is only \$50