

Use it! Lose it! Tone it Up! 10 week session starting Thursday, April 27, 2017, 9am

Use it! Lose it! Tone it up! 10 week session starting Tuesday, May 2, 2017, 9am

Music 'n Motion 10 week session starting Tuesday, May 2, 2017, 10am

CARDIO

ENDURANCE

BALANCE

RESISTANCE

STRENGTH

Music 'n Motion

Enjoy exercise again! You get a little bit of everything with this class. A fun 50 minutes with all the components of a healthy exercise routine. Work at your own pace with feel-good exercises to enhance your health and well-being. Come move to the groove; have fun and be fit! A part of the class is done in a chair.

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

Use it! Lose it! Tone it Up!

This is a high-tempo workout incorporating the latest evidence-based medical research from the Canadian Center for Activity and Aging. A 50-minute workout to boost your cardio, burn those calories and tone those muscles in a safe, friendly, non-competitive atmosphere designed for the mature adult. Comes complete with great music and a lot of laughs and fun.

Required: good-fitting shoes, comfortable clothing, water bottle, weights, mat.

REGISTRATION INFORMATION

Contact: Dave Nichol

519-856-9596, ext. 201

dnichol@get.on.ca

\$10 week session - \$60 + HST



Nancy Revie is a

- ◆ Certified Senior Fitness Instructor
- ◆ Certified Nordic Pole Walk Instructor
- ◆ Osteoporosis Canada Bone Fit Trained
- ◆ Motivator and infuser of fun

She delivers exciting fitness programs for older adults. Nancy leads both Use it! Lose it! Tone it Up! and Music 'n Motion classes three times a week at Royal Distributing Athletic Performance Centre. She also facilitates Pole Walking Workshops at RDAPC.

Questions ? eMAIL Nancy
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