

Adult and 55+ Fall 2022 Fitness Class Information

FREE WORKSHOP - two dates!

Monday August 29 - 1:00 - 3:00 pm

Tuesday August 30 - 6:30 - 8:30 pm

Location: Royal Distributing Athletic Performance Centre (RDAPC)
7384 Wellington Rd. 30 - Guelph, Ontario, N1H 6J2



Marcel Doré MD

Physician

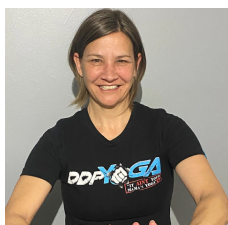
DDPY Level 2 Fitness Instructor
Functional Aging Fitness Instructor



Nancy Revie

Senior Fitness Instructor (SFIC)

Bonefit™ Trained with Osteoporosis Canada
Urban Poling Nordic Walking Instructor



Lisa Bellon

DDPY Instructor
Certified Professional
Co-Active Coach

Interactive Workshop:

- Healthy aging and health benefits of exercise
- Exercise as part of chronic disease self-management

and

Introduction to RDAPC Fall 2022 Fitness Classes

- Come and meet our fall fitness class instructors
- Take to the field to participate in a sample class
- Talk to instructors and find the perfect fit for your fall fitness program



Glen From

SFIC Instructor



ENDURANCE

So you can climb steps,
dance the night away



STRENGTH

So you can lift groceries,
carry grandchildren



BALANCE

So you can prevent falls
and related injuries



FLEXIBILITY

So you can drive,
get dressed.

Don't miss this opportunity to build a better you! We look forward to seeing you there.

Please **register** by contacting Dave Nichol, dnichol@get.on.ca

or calling 519-265-7905 ext.2

FREE WORKSHOP