

## Winter Fitness Programming

| Class   | Day               | Start Time  | Start Date   |              |
|---|-------------------|-------------|--------------|--------------|
| <b>Family Yoga with Lisa</b>                                      |                   |             |              |              |
| Baby Yoga - Newborn to Almost Crawling                            | Monday's          | 9:30am      | January 8th  |              |
| Tot Yoga - Able Crawler to 23 Months                              |                   | 10:30am     |              |              |
| Tyke Yoga - Ages 2 to 4 Years)                                    |                   | 4:15pm      |              |              |
| Mom Yoga  |                   | 8:00pm      |              |              |
| <b>Adult Fitness</b>  |                   |             |              |              |
| DDPY - at the MCC (Lisa)  | Monday's          | 7:00pm      | January 8th  |              |
| DDPY - Rebuild at the RDAPC (Marcel)                              | Tuesday's         | 1:00pm      | February 6th |              |
| DDPY - at the RDAPC (Marcel)                                      |                   | 6:00pm      | February 6th |              |
| DDPY - Level 2 at the MCC (Marcel)                                | Thursday's        | 6:00pm      | February 8th |              |
| DDPY - at the MCC (Marcel)  |                   | 7:00pm      | February 8th |              |
| <b>Active 55+ Fitness</b>   |                   |             |              |              |
| Class   | Instructor        | Day         | Start Time   | Start Date   |
| Cardio Sculpt Intervals - Level 2<br>(Intermediate/Advanced)      | Kathi Rodd        | Monday's    | 10:00am      | January 8th  |
| Low Impact Cardio and Muscle - Level 2<br>(Intermediate/Advances) | Kathi Rodd        | Tuesday's   | 9:00am       | January 9th  |
| Low Impact Cardio and Muscle - Level 1<br>(Beginner)              | Kathi Rodd        |             | 10:00am      | January 9th  |
| Bands and Bells - Progressive                                     | Margaret Iutzi    |             | 11:30am      | January 9th  |
| Bands and Bells - Gentle  | Margaret Iutzi    |             | 12:30pm      | January 9th  |
| Rejuvenating Yoga (Gentle)  | Rebecca Boyington | Wednesday's | 10:10am      | January 10th |
| The Benefits of Bonefitness                                       | Glen Froom        |             | 2:00pm       | January 10th |
| Abs Core and More   | Glen Froom        | Thursday's  | 9:00am       | January 11th |
| Fab Fit and Fun!  | Glen Froom        |             | 10:00am      | January 11th |

**To Register call 519-265-7905 or email [rdapc@get.on.ca](mailto:rdapc@get.on.ca)**