RDAPC November NEWSLETTER



The Royal Distributing Athletic Performance Centre is **open** on **Wednesday, November 11, 2026**. As we come together throughout the day, all programs and activities will pause at 10:55 a.m. for a Remembrance Day reflection and moment of silence. We encourage everyone to take part as we honour the sacrifices and service of those who have helped protect the freedoms we enjoy today.

Christmas Tot N Play

Join us for a festive morning of fun at our Christmas Tot N Play Celebration! Enjoy all the excitement of our regular Tot N Play program, along with special holiday activities for the whole family. Explore our incredible Balloon Igloo, take part in Christmas-themed activities and crafts, capture the moment with festive photo opportunities, and enjoy a special visit from Santa. Families can also gather for a Christmas sing-along and warm up with complimentary coffee and tea. It's the perfect way to celebrate the season, make memories, and enjoy some holiday magic with your little ones!



Date: Friday, December 4, 2026

Time: 8:30 a.m. to 12:00 p.m.

Location: Royal Distributing Athletic Performance Centre

Regular Tot N Play admission rates apply. Activities included with admission while supplies last.

🏌️ Indoor Golf is Back at the RDAPC! ⛳

With the colder weather settling in, our Indoor Golf Driving Range is officially open for the season. Whether you're looking to maintain your game during the off-season or just enjoy some time on the range, our indoor golf program offers a comfortable, weather-free environment.

Mondays and Fridays: 12:30 – 3:00pm
$9.00/bucket
***Indoor shoes are required**

🎄 Give the Gift of Play, Fitness & Fun! 🎄

RDAPC Gift Certificates are available at the front desk in any dollar value and can be used toward programs, classes, and drop in activities throughout the year. It's the perfect gift for all ages and interests.

Stop by today to pick one up!



🎉 CHRISTMAS FITNESS 🎉

Christmas Fitness is back at the RDAPC! From **December 1 to December 17**, enjoy access to **up to 20 fitness classes** designed to help you stay active throughout the holiday season for only $40.50 (plus hst). Whether you're looking to try a class you've been curious about, discover a new favourite, or keep up with your regular fitness routine, Christmas Fitness offers something for everyone. Join us for a fun and flexible way to stay healthy, energized, and moving during the busiest time of year!

Full Schedule coming soon!

Click here to Pre Register

NOVEMBER WEEKLY CLOSURES

Thursday	6:00 - 7:00pm	November 12, 19, 26
Saturday	10:30am- 12:00pm	November 7, 14, 21, 28
Sunday	9:30am- 2:30pm	Lane 3/4 only. Lane 1/2 remain open every Sunday

G.E.T. News

The Township of Guelph/Eramosa invites our community to come together for a special day of remembrance as we honour the courage and sacrifices of those who have served and continue to serve our country. We will hold **one unified service** with the participation of students from **Rockwood Centennial Public School**, making it a heartfelt tribute to our veterans.



Date: November 11, 2026
Time: 10:55 a.m.
Location: Rockwood Cenotaph

G.E.T. Parks

Get ready for a sprinkle of holiday magic! Join us for a festive evening of cookie decorating, creativity, and family fun. Decorate delicious holiday cookies, create your own festive buttons, and warm up at our magical hot chocolate bar!
Each family will receive a box of 12 cookies with all the fixings to decorate, making it the perfect opportunity to get creative, share some sweet treats, and make wonderful holiday memories together.

Date: Tuesday, December 1, 2026
Time: 6:00–7:30 PM
Cost: $40+HST per family
Registration Deadline: Tuesday, November 24, 2026, at 3:00 PM

Click Here to Register



Royal Distributing Athletic Performance Centre
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Guelph/Eramosa Township

A Message from the RDAPC Team

NANCY REVIE



Senior Fitness Instructor

Bonefit™ Trained with Osteoporosis Canada

Urban Poling Nordic Walking Instructor

Music is Love and Love is Music - if you know what I mean!

I love music. I've always loved music. I started piano lessons when I was 5; met my best friend and future husband in high school band; sang in so many groups; performed in amateur musical theatre, etc. etc. and am up for just about anything musical! I am the one driving down the highway of life with the music cranked.

When it comes to music and fitness, I'm often complimented on my playlists for classes. I spend an inordinate amount of time going through a plethora of music to get together a 50 minute fitness class. This is very important to me. Music isn't just thrown into a class for background noise. For me, it's the structural foundation that drives pacing, regulates intensity, enhances endurance and elevates motivation. All of this is done while participants are having fun in an engaging, rhythmic experience and forgetting they are exercising.

When exercising, music is a distraction. It distracts the brain's signals of fatigue and muscle discomfort. We sometimes use the 'perceived rate of exertion' to measure our workout. Using music can lower this by 10% which allows participants to exercise longer and harder without feeling additional fatigue. That makes me want to dance and sing - oh ya, and exercise!

Music drives mood and focus. Singing along to a tune, or just enjoying its rhythm lets us participate fully and feel part of a collective group energy. Concentrating on the beat = improved physical performance, endurance and power output. This is called the Ergogenic Effect - any physical, mental, mechanical, nutritional, or pharmacological enhancement that improves exercise performance, energy production, or recovery.

Being a Certified Senior Fitness Instructor, I know music plays a vital role in controlling intensity in a class. Instructors are taught about BPM - beats per minute in music to help

participants have a successful workout. There are specific BPM for each of the class components that are used as the primary control mechanism for exercise intensity. We play faster music during cardio and softer, slower music for warm-up and warm-down for a reason!

I love that human movement naturally aligns with the rhythm of the music. This synchronization helps our bodies improve movement efficiency. The music establishes a predictable cadence we can all try to follow!

Fitness Instructors often use counting as ways to cue participants. With music, this effectively supports the process of class flow. FUN FACT - music is typically arranged in four 8-count measures, which makes it easy for your instructor to finish one movement and cue upcoming movement shifts. Instructors can manipulate the workload continuously without stopping the class and move participants seamlessly between aerobic and anaerobic zones.

Finally, using music effectively in a fitness class helps maintain safety for participants. Matching movement speed to appropriate music prevents chaotic execution, reducing injury risk while maximizing muscle engagement. Using that precise rhythmic pacing of music, the BPMs transform our group fitness classes into efficient, safe and motivating experiences for everyone.

All in all, I can't come up with a good reason to not fully engage and enjoy the music fun of fitness. All right now - everybody sing - and 1, 2, 3, 4.

Nancy Revie