

## **SUMMER 2017 - DDP YOGA SESSIONS - July 4 - Sept 26**

**Every Tuesday at 6:00 pm and 7:00 pm**  
Royal Distributing Athletic Performance Centre  
7384 Wellington Rd 30, Guelph

**BURN FAT   BUILD STRENGTH   DRAMATIC FLEXIBILITY   MINIMAL JOINT IMPACT**

**No running, no jumping, no lifting! "You can do this!"**



DDP Yoga combines the very best of yoga, traditional fitness, sports therapy and dynamic resistance to create one of the most effective fitness plans in existence today.

It allows anyone to get an amazing cardio workout while improving muscular strength, dramatically increasing flexibility and strengthening the core in a single workout...

**all with minimal joint impact!**

The main benefits are body fat loss, lean muscle growth, and improved cardio fitness levels. DDPY is suitable for regular everyday people.

### **REGISTRATION INFORMATION:**

**Contact: Dave Nichol**

**519-856-9596 x201**

**[dnichol@get.on.ca](mailto:dnichol@get.on.ca)**

**10 class session - \$60.00 + HST**