



# Summer Fitness Fun at the RDAPC!

\*\*\* With busy summer schedules upcoming, we will be using the Summer Flex Pass Again\*\*\*

The Flex pass allows participants to be away for periods of time in the summer and still be able to come to fitness classes when available.

The PASS will be \$60 for 10 classes. You can purchase unlimited passes if you think you will be coming to more than 10 classes.

a minimum of 20 passes must be sold to run this program

**>Please Remember a change of indoor shoes and water for all classes**

Day	Time		Instructor	Dates
Tues	9am	<b><i>Use it, Lose It, Tone it Up</i></b>	Nancy	July 11, 18, 25, August 8, 15, 22
Tues	10am	<b><i>Music 'N' Motion</i></b>	Nancy	July 11, 18, 25, August 8, 15, 22
Wed	9am	<b><i>Pilates</i></b>	Gina	July 12, 19, 26, August 2, 9, 16, 23
Wed	10am	<b><i>Chair Pilates</i></b>	Gina	July 12, 19, 26, August 2, 9, 16, 23
Thu	9am	<b><i>Pole Walking and Fitness</i></b>	Nancy	July 13, 20, 27, August 10, 17, 24

**NO CLASSES**

**Tues Aug 1, Thurs Aug 3**

***\*Please remember Indoor Shoes and a Water Bottle\****

**Music'N'Motion** - Work at your own pace with feel-good exercises to enhance your health and well-being. Use of chairs and various resistance equipment. Need hand weights.

**Use It, Lose It, Tone It Up** - A workout to boost your cardio, burn those calories and tone those muscles in a safe, friendly non-competitive atmosphere. Need hand weights and mats.

**Pole Walking and Fitness** - Stretching and walking using your poles. Inside or outside, we'll learn the proper techniques and advantages to urban pole walking.

**Pilates** -Improve flexibility, develop strength and endurance for all sports and daily activities.  
*Getting down to and up from the floor is an essential ability for this class. Please wear comfortable clothes to exercise in*

**Chair Pilates** -Improve flexibility, develop strength and endurance for all sports and daily activities.  
*chairs used for this class, so getting up and down from the floor not required*

We currently have 32 classes scheduled. This will not fall below 30  
However classes may be cancelled due to instructor commitment

**Registration is now open;**

You can register and pay in person at the Township office or at the RDAPC  
You can register by phone at (519)856-9596 Dave (x201), or Vicki (x113)