



**REGISTRATION OPENS JANUARY 2, 2018**

To **REGISTER or for more INFORMATION**, call or email Dave Nichol  
519-856-9596 x201 email: [dnichol@get.on.ca](mailto:dnichol@get.on.ca)

### **Winter 2018 DDPY Level 1 Classes Starting January 23 and 25, 2018**

**Tuesdays:** at **Royal Distributing Athletic Performance Centre**, 7384 Wellington Rd. 30  
6:00-7:00 p.m. January 23 – March 27, 2018 \$65+HST (10 classes)

**Thursdays:** at **Marden Community Centre**, 7368 Wellington Road 30  
6:00-7:00 p.m. or 7:30-8:30 p.m. January 25 – March 29, 2018 \$65+HST (10 classes)

### **DDPY Level 1 and the DDPY Fitness System**

This small-group 90-minute weekly class is for individuals who are deconditioned or limited by injuries/pain or have a lot of weight to lose. This class will be a combination of active group discussion as well as safe DDPY movements. We will focus on:

- Detailed modifications of DDPY exercises
- Healthy eating for fat loss
- Reducing inflammation and pain
- Setting goals and maintaining benefits of health, fat loss and overall fitness

**Tuesdays:** at **Royal Distributing Athletic Performance Centre**, 7384 Wellington Rd. 30  
• 7:30-9:00 p.m. January 23 – March 27, 2018 \$95+HST (10 classes)