



SUMMER FITNESS AT RDAPC

FLEX PASS: 10 CLASSES FOR ONLY \$65.00+hst

BONE FITNESS – INSTRUCTOR: NANCY

The BoneFit™ certified instructor will lead participants through components needed to manage osteoporosis. Focus is on strength, core and joint stability, balance and weight bearing exercises. Improving these health building blocks can reduce falls risk, both for osteoporosis-prone people and health-minded older adults in general.

MONDAYS AT 6:00pm: July 8, 15, 29, August 12, 19, 26

USE IT! LOSE IT! TONE IT UP! – INSTRUCTOR: JANETTE

Increase your core strength, tone muscles, get your heart pumping and feel great about your body. By using a variety of techniques we will build stamina, strength and help you burn those calories. Everyone works at their own pace and strength level in a supportive and non-competitive environment.

TUESDAYS AT 9:00am: July 2, 9, 16, 30, August 6, 27

MUSIC N' MOTION – INSTRUCTOR: JANETTE

Looking for a place to begin your fitness program? Come join our INTRODUCTORY CLASS of Music 'n Motion. You get a little bit of everything - all with great music to distract you! This class is a great stress-reliever and the perfect way to burn off calories. Work at your own pace with feel good exercises to enhance your health and well-being.

TUESDAYS AT 10:00am: July 2, 9, 16, 30, August 6, 27

USE IT! LOSE IT! TONE IT UP! – INSTRUCTOR: HILARY

Increase your core strength, tone muscles, get your heart pumping and feel great about your body. By using a variety of techniques we will build stamina, strength and help you burn those calories. Everyone works at their own pace and strength level in a supportive and non-competitive environment.

THURSDAYS 9:00am: July 4, 11, 18, 25, August 1, 8, 15, 22, 29

YOGA 55 (CHAIR OPTIONAL) – INSTRUCTOR: HILARY

Increase your core strength, tone muscles, get your heart pumping and feel great about your body. By using a variety of techniques we will build stamina, strength and help you burn those calories. Everyone works at their own pace and strength level in a supportive and non-competitive environment.

THURSDAYS 10:00am: July 4, 11, 18, 25, August 1, 8, 15, 22, 29

TOTAL BODY FIT – INSTRUCTOR: HILARY

Increase your core strength, tone muscles, get your heart pumping and feel great about your body. By using a variety of techniques we will build stamina, strength and help you burn those calories. Everyone works at their own pace and strength level in a supportive and non-competitive environment.

THURSDAYS 11:00am: July 25, August 15, 22

DDPY – INSTRUCTOR: MARCEL

DDPY combines the very best of yoga, traditional fitness, sports therapy and dynamic resistance. 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! OPEN TO ALL AGES!

TUESDAYS 6:30: July 2, 9, 16, 23, 30, August 6, 13, 20, 27

WEDNESDAYS 6:30pm: July 3, 10, 17, 24, 31, August 7, 14, 21, 28

THURSDAYS 2:00pm: July 4, 11, 18, 25, August 1, 8, 15, 22, 29

For more information or to register please
contact Dave Nichol at 518-856-9596 ext 201
or dnichol@get.on.ca

