



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	<i>Use it, Lose It, Tone it Up</i>	Nancy	July 11, 18, 25, August 8, 15, 22
Tues	10am	<i>Music 'N' Motion</i>	Nancy	July 11, 18, 25, August 8, 15, 22
Wed	9am	<i>Pilates</i>	Gina	July 12, 19, 26, August 2, 9, 16, 23
Wed	10am	<i>Chair Pilates</i>	Gina	July 12, 19, 26, August 2, 9, 16, 23
Thu	9am	<i>Pole Walking and Fitness</i>	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)