



FREE DDPY Fitness Demonstration Classes

DDPY Fitness is a unique program that anyone can do, uniquely designed to strengthen muscles, ligaments, and tendons while stabilizing core muscles, increasing flexibility, agility, and balance; great cardio workout with minimal joint impact, and you'll do it at your pace.

DDPY Rebuild – for individuals who struggle with limited mobility.

Tuesday, September 19, 2023

1:00 PM - DDPY Rebuild 6:00 PM - DDPY
Royal Distributing Athletic Performance Centre
7384 Wellington Rd. 30 Guelph

Wednesday, September 20, 2023

3:00 PM - DDPY Rebuild 4:00 PM - DDPY
Rockmosa Community Centre, 110 Rockmosa Drive, Rockwood



Instructors Marcel Doré MD and Lisa Bellon

Registration not required: Bring a yoga mat, water bottle and sweat towel

“The classic rock play list and fun instructions make every DDPY class enjoyable and rewarding.”

“With DDPY Fitness classes I have experienced improved flexibility, strength, and balance.”

“I participate in the DDPY exercise classes using a chair and modifications which I have found very helpful.”

Questions about DDPY Fitness– Email Marcel Doré MD at marcel@transitioncoach.ca
or visit transitioncoach.ca/ddpy-fitness and ddpyyoga.com

DDPY Fitness Classes

Fall 2023 (September to December)

LOCATION					
RDAPC – Royal Distributing Athletic Performance Centre – 7384 Wellington Rd. 30 Guelph, Ontario N1H6J2					
MCC – Marden Community Centre - 7368 Wellington Rd. 30 Guelph, Ontario N1H6J2					
Class	Instructor	Day	Time	Location	Start
DDPY Level 2	Marcel	Monday	6:00 pm	MCC	September 25
DDPY	Lisa	Monday	7:00 pm	MCC	September 25
DDPY Rebuild	Marcel	Tuesday	1:00 pm	RDAPC	September 26
DDPY	Marcel	Tuesday	6:00 pm	RDAPC	September 26
DDPY	Marcel	Thursday	6:00 pm	MCC	September 28
LOCATION					
Rockmosa - 110 Rockmosa Drive, Rockwood, Ontario, N0B 2K0					
Class	Instructor	Day	Time	Location	Start
DDPY Rebuild	Marcel	Wednesday	3:00 pm	Rockmosa	September 27
DDPY	Marcel	Wednesday	4:00 pm	Rockmosa	September 27
<p>All classes run for 10 weeks. Cost: \$76.00 (plus HST)</p> <p>REGISTRATION Online at: www.get.on.ca/fitness (look under Adult Sports and Fitness)</p> <p>For more information: RDAPC/MCC Classes: Dave Nichol – dnichol@get.on.ca Rockwood Classes: Melissa Biffis – mbiffis@get.on.ca</p> <p>Any questions about DDPY Fitness? – Marcel Doré marcel@transitioncoach.ca or Lisa Bellon lisabelloncoaching@gmail.com</p>					



DDPY
REBUILD