



# Guelph Slo Pitch League **2023 Spring Training** "Warm Up and Stretch"

Thursdays, April 6, 13, 20, 2023

6:00-6:50 PM

**Royal Distributing Athletic Performance Centre**  
7384 Wellington County Rd 30 (Marden Road)  
Guelph, Ontario



**Featuring: Marcel Doré MD**  
DDPY Level 2 Instructor

- *Activate muscles*
- *Stretch to prevent injuries*
- *Warm up effectively*
- *Build core strength*

*50-minute cardio-active  
workout*

***Cost: \$5.00 per player***  
***Sign Up: At the door***

*Come prepared with your  
water bottle and sweat  
towel, yoga mat not  
required.*

