Participation Information

- Register with Ian Yeung
- Please come with runners, track pants, T-shirt or other sportswear.
- Monthly fee of $5.
- Fee must be paid in full prior to class commencement

Time: Friday, 1:00 to 2:00 PM
Location: Activity Room, RCD

For more info please call Ian at 604-232-2404
email: ian@rcdrichmond.org

RICHMOND CENTRE FOR DISABILITY

FUNdamental Skills Exercise Activity

RCD is now offering an exercise activity for members only. The goal of this activity is to help participants develop and improve their functional skills, which help them perform activities of daily living with more ease and confidence. In this activity, participants will form friendship, teamwork and have FUN in a safe and supportive environment.
Schedule

First class on February 1st

Every Friday from
1:00 – 2:00 pm

Course Focus

• Flexibility
• Balance
• Coordination
• Motor Control
• Strength

FUNdamental Skills Exercise is:

■ For RCD members only.
■ A wonderful activity for staying in shape.
■ A great place to socialize and meet new friends.
■ For you to stay physically fit.
■ For you to have fun.

What to Bring

☑ Yourself
☑ $5.00 Monthly Fee
☑ Sportswear
☑ Water