



## REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Tue, Apr 6 at 1:00pm

Non-Residents - Thurs, Apr 8 at 1:00pm

**April 12 to June 18, 2021 (Maximum per Class - 30)**

### NOTE:

1. No Classes on May 24<sup>th</sup>
2. For this session, you can only register for up to 3 classes. Anyone who registers for more than 3 will be withdrawn from the extra classes

### How can I help slow the spread of the COVID-19?

Wear a mask (may be taken off at the start of class)

### There are a number of things that can be done to help slow the spread of COVID-19, including:

- Please arrive no earlier than 10 minutes before booking. Start and end times will be strictly adhered to;
- Participants must be able to observe safe, physical (social) distancing by keeping at least 6 feet (2m) between people at all times;
- Stay home if you are sick;
- Bring and use your own exercise mat and hand weights, no sharing of equipment;
- Practice proper hand hygiene by washing your hands or using an alcohol-based hand sanitizer that contains at least 60% alcohol.

### SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:00 – 10:50 am

Apr 13 – Jun 15 (10 Sessions)

Cost: \$20 per Set

### SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:00 – 10:50 am

Apr 15 – Jun 17 (10 Sessions)

Cost: \$20 per Set

### TRIM & TONE

Reid Centre Gym

Wednesdays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 14 – Jun 16 (10 Sessions)

Cost: \$20 per Set

### LOW-IMPACT AEROBICS

Reid Centre Gym

Mondays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 12 – Jun 14 (9 Sessions)

Cost: \$18 per Set

### LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 16 – Jun 18 (10 Sessions)

Cost: \$20 per Set

