

## REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Tue, Apr 12 at 1:00pm

Non-Residents - Thu, Apr 14 at 1:00pm

**April 25 – June 10, 2022** NO CLASS MONDAY, MAY 23

Shallow Water Classes – Max 45 per Class / Dryland - Max 30 per Class



**NOTE:** 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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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.

### LOW-IMPACT AEROBICS

Reid Centre Gym

Mondays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 25 – June 6 (6 Sessions)

Cost: \$12 per Set

### LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 29 – June 10 (7 Sessions)

Cost: \$14 per Set

### TRIM & TONE

Reid Centre Gym

Wednesdays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 27 – June 8 (7 Sessions)

Cost: \$14 per Set

### SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Apr 26 – May 24 (5 Sessions)

Cost: \$10

### SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Apr 28 – May 26 (5 Sessions)

Cost: \$10



For more information, contact the Mount Pearl Seniors Independence Group 748-6485; email: [seniors@mountpearl.ca](mailto:seniors@mountpearl.ca).