

## REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Wed, Jan 4 at 1:00pm

Non-Residents - Fri, Jan 6 at 1:00pm

**January 9 to April 6, 2023**                      **NO CLASSES ON February 8, 10, 13 & 15**  
**(Shallow Water Classes, Max 45 per Class / Dryland, Max 35 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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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

Jan 9 – Apr 3 (12 Sessions)

Cost: \$30

### LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays

9:00 – 9:50am **OR** 10:30 – 11:20am

Jan 13 – Mar 31 (11 Sessions)

Cost: \$27.50

### TRIM & TONE

Reid Centre Gym

Wednesdays

9:00 – 9:50am **OR** 10:30 – 11:20am

Jan 11 – Apr 5 (11 Sessions)

Cost: \$27.50

### SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Jan 10 – Apr 4 (13 Sessions)

Cost: \$32.50

### SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Jan 12 – Apr 6 (13 Sessions)

Cost: \$32.50

