

REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Tue, Apr 4 at 1:00pm

Non-Residents - Thu, Apr 6 at 1:00pm

April 17 to June 16, 2023 NO CLASSES ON May 22
(Shallow Water Classes, Max 45 per Class / Dryland, Max 40 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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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 *(No Class May 22)*

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 17 – Jun 12 (8 Classes)

Cost: \$20

LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 21 – Jun 16 (9 Classes)

Cost: \$22.50

TRIM & TONE

Reid Centre Gym

Wednesdays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 19 – Jun 14 (9 Classes)

Cost: \$22.50

SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Apr 18 – Jun 13 (9 Classes)

Cost: \$22.50

SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Apr 20 – Jun 15 (9 Classes)

Cost: \$22.50

