

REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Tue, Sep 5 at 1:00pm

Non-Residents - Thu, Sep 7 at 1:00pm

September 11 – December 15, 2023

NO CLASSES ON OCTOBER 6 & 9

Shallow Water Classes, Max 60 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 Anyone who registers for more than 3 will be withdrawn from the extra classes.

LOW-IMPACT AEROBICS

Reid Centre Gym

Mondays

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 11 – Dec 11 (13 Classes) **No Class Oct 9**

Cost: \$32.50 per set

SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Sep 12 – Dec 12 (14 Classes)

Cost: \$35

LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 15 – Dec 15 (13 Classes) **No Class Oct 6**

Cost: \$32.50 per set

SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Sep 14 – Dec 14 (14 Classes)

Cost: \$35

TRIM & TONE

Reid Centre Gym

Wednesdays

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 13 – Dec 13 (14 Classes)

Cost: \$35 per set

