

Mount Pearl Seniors Independence Group FALL 60+ REGISTERED

Mount Pearl

FITNESS CLASSES 2023

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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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

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

Tuesdays

10:30 - 11:20 am

Sep 12 – Dec 12 (14 Classes)

Cost: \$35

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



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