

Mount Pearl Seniors Independence Group

WINTER 60+ REGISTERED

FITNESS CLASSES 2024

REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Wed, Jan 3 at 1:00pm

Non-Residents - Fri, Jan 5 at 1:00pm

January 8 to March 28, 2024

(NO DRYLAND ON February 9th to 16th)

(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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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 (No class Feb 12)

9:00 – 9:50am **OR** 10:30 – 11:20am

Jan 8 – Mar 25 (11 Classes)

Cost: \$33

LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays (No class Feb 9 & 16)

9:00 – 9:50am **OR** 10:30 – 11:20am

Jan 12 – Mar 22 (9 Classes)

Cost: \$27

TRIM & TONE

Reid Centre Gym

Wednesdays

9:00 – 9:50am **OR** 10:30 – 11:20am

Jan 10 – Mar 27 (10 Classes)

Cost: \$30

SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Jan 9 – Mar 26 (12 Classes)

Cost: \$36

SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Jan 11 – Mar 28 (12 Classes)

Cost: \$36

