

FITNESS CLASSES 2024

REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Tue, Mar 26 at 1:00pm

Non-Residents - Thu, Mar 28 at 1:00pm

April 8 to June 7, 2024

(Shallow Water Classes, Max 60 per Class / Dryland, Max 45 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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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 May 20)

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 8 – Jun 3 (8 Classes)

Cost: \$24

SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Apr 9 – Jun 4 (9 Classes)

Cost: \$27

LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 12 – Jun 7 (9 Classes)

Cost: \$27

SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Apr 11 – Jun 6 (9 Classes)

Cost: \$27

TRIM & TONE

Reid Centre Gym

Wednesdays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 10 – Jun 5 (9 Classes)

Cost: \$27

