

# Mount Pearl Seniors Independence Group

## SPRING 60+ REGISTERED

### FITNESS CLASSES 2025

## REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Tue, Apr 15 at 1:00pm

Non-Residents - Thu, Apr 17 at 1:00pm

**April 29 to June 13, 2025**

**(Shallow Water Classes, Max 60 per Class / Dryland, Max 50 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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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 19)

9:00 – 9:50am **OR** 10:30 – 11:20am

May 5 – Jun 9 (5 Classes)

Cost: \$17.50

## SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Apr 29 – Jun 10 (7 Classes)

Cost: \$24.50

## LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays

9:00 – 9:50am **OR** 10:30 – 11:20am

May 2 – Jun 13 (7 Classes)

Cost: \$24.50

## SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

May 1 – Jun 12 (7 Classes)

Cost: \$24.50

## TRIM & TONE

Reid Centre Gym

Wednesdays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 30 – Jun 11 (7 Classes)

Cost: \$24.50

