

Mount Pearl Seniors Independence Group

FALL 60+ REGISTERED

FITNESS CLASSES 2025

REGISTRATION – ONLINE ONLY

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

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

September 8 to December 12, 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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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 Oct 13)

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 8 – Dec 8 (13 Classes)

Cost: \$45.50

SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays (No class Sep 30, Nov 11)

10:30 – 11:20 am

Sep 9 – Dec 9 (12 Classes)

Cost: \$42

LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays (No class Oct 3)

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 12 – Dec 12 (13 Classes)

Cost: \$45.50

SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Sep 11 – Dec 11 (14 Classes)

Cost: \$49

TRIM & TONE

Reid Centre Gym

Wednesdays (No class Oct 15)

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 10 – Dec 10 (13 Classes)

Cost: \$45.50

