

Mount Pearl Seniors Independence Group

WINTER 60+ REGISTERED

FITNESS CLASSES 2026

REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Tue, Dec 16 at 1:00pm

Non-Residents - Thu, Dec 18 at 1:00pm

Program Dates: January 5 to April 2, 2026

Shallow Water Classes, Max 60 per Class / Dryland, Max 50 per Class

Shallow Water Classes Commence January 13, 2026



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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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 9)

9:00 – 9:50am **OR** 10:30 – 11:20am

Jan 5 – Mar 30 (12 Classes)

Cost: \$48

LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays (No class Feb 6 and Feb 13)

9:00 – 9:50am **OR** 10:30 – 11:20am

Jan 9 – Mar 27 (10 Classes)

Cost: \$40

TRIM & TONE

Reid Centre Gym

Wednesdays (No class Feb 4, Feb 11, Mar 11)

9:00 – 9:50am **OR** 10:30 – 11:20am

Jan 7 – Apr 1 (10 Classes)

Cost: \$40

SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Jan 13 – Mar 31 (12 Classes)

Cost: \$48

SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Jan 15 – Apr 2 (12 Classes)

Cost: \$48



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