

# Mount Pearl Seniors Independence Group

## SPRING 60+ REGISTERED

### FITNESS CLASSES 2026

## REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Tue, Mar 31 at 1:00pm

Non-Residents - Thu, Apr 2 at 1:00pm

**Program Dates: April 13 to June 12, 2026**

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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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 18)

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 13 – Jun 8 (8 Classes)

Cost: \$32

*(Class on Monday May 12 will be at Gloria Pearson)*

## LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 17 – Jun 12 (9 Classes)

Cost: \$36

## TRIM & TONE

Reid Centre Gym

Wednesdays

9:00 – 9:50am **OR** 10:30 – 11:20am

Apr 15 – Jun 16 (9 Classes)

Cost: \$36

## SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Apr 14 – Jun 9 (9 Classes)

Cost: \$36

## SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Apr 16 – Jun 11 (9 Classes)

Cost: \$36

