

Summer Registered Fitness Classes July 6 to August 30, 2026

Registration Dates:	ONLINE ONLY
Mount Pearl Residents:	Tuesday, June 16 at 5:00 pm
Non-Residents:	Thursday, June 18 at 5:00 pm
Max Per Class:	12 For Yoga / 60 for Aqua Classes

CLASSES

Aqua Fit

A shallow water fitness workout conducted in chest-deep water. Participants should be comfortable in chest-deep water. Participants are required to bring their own weights.

Monday

Instructor: Madonna Pickett
9:00 – 9:50am
8 Sessions: July 6 – Aug 24
Summit Pool
\$48

Tuesday

Instructor: Madonna Pickett
9:00 – 9:50am **OR** 8:00 – 8:50pm
8 Sessions: July 7 – Aug 25
Summit Pool
\$48

Wednesday

Instructor: Andrea Mercer
9:00 – 9:50am
8 Sessions: July 8 – Aug 26
Summit Pool
\$48

Thursday

Instructor: Andrea Mercer
9:00 – 9:50am
8 Sessions: July 9 – Aug 27
Summit Pool
\$48

Sunday

Instructor: Christine Fitzgerald
8:00 – 8:50pm
8 Sessions: July 12 – Aug 30
Summit Pool
\$48

Hatha Flow Yoga

A yoga class with an emphasis on breath, movement, balance, strength, and flexibility. Suitable for beginners or those with prior yoga experience.

Wednesday

Instructor: Judi Clooney
8 Sessions: July 8 – August 26
7:00 – 7:50pm
Maher Room
\$72