

# Mount Pearl Seniors Independence Group

## FALL 60+ REGISTERED

### FITNESS CLASSES 2026

## REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Tue, Aug 25 at 1:00pm

Non-Residents - Thu, Aug 27 at 1:00pm

**September 8 to December 11, 2026**

**(Shallow Water Classes, Max 65 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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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 12)

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 14 – Dec 7 (12 Classes)

Cost: \$48

## SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Sep 8 – Dec 8 (14 Classes)

Cost: \$56

## LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays (No class Oct 2)

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 11 – Dec 11 (13 Classes)

Cost: \$52

## SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Sep 10 – Dec 10 (14 Classes)

Cost: \$56

## TRIM & TONE

Reid Centre Gym

Wednesdays (No class Sep 30, Oct 14 & Nov 11)

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 9 – Dec 9 (11 Classes)

Cost: \$44



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

Dated: Aug 14, 2026