

REGISTRATION – ONLINE ONLY

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

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

September 9 to December 13, 2024

(Shallow Water Classes, Max 60 per Class / Dryland, Max 45 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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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 classes Sep 30, Oct 14, Nov 11)

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 9 – Dec 9 (11 Classes)

Cost: \$33

LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays (No class Oct 4)

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 13 – Dec 13 (13 Classes)

Cost: \$39

TRIM & TONE

Reid Centre Gym

Wednesdays

9:00 – 9:50am **OR** 10:30 – 11:20am

Sep 11 – Dec 11 (14 Classes)

Cost: \$42

SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Sep 10 – Dec 10 (14 Classes)

Cost: \$42

SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Sep 12 – Dec 12 (14 Classes)

Cost: \$42

