

## FITNESS CLASSES 2025

### REGISTRATION – ONLINE ONLY

Mount Pearl Residents - Tue, Dec 17 at 1:00pm

Non-Residents - Thu, Dec 19 at 1:00pm

**January 6 to April 17, 2025**

**(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 Anyone who registers for more than 3 will be withdrawn from the extra classes.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 Feb 10)

9:00 – 9:50am **OR** 10:30 – 11:20am

Jan 6 – Apr 14 (14 Classes)

Cost: \$49

### SHALLOW WATER FITNESS

Summit Centre Pool

Tuesdays

10:30 – 11:20 am

Jan 7 – Apr 15 (15 Classes)

Cost: \$52.50

### LOW-IMPACT AEROBICS

Reid Centre Gym

Fridays (No class Feb 7 & 14)

9:00 – 9:50am **OR** 10:30 – 11:20am

Jan 10 – Apr 11 (12 Classes)

Cost: \$42

### SHALLOW WATER FITNESS

Summit Centre Pool

Thursdays

10:30 – 11:20 am

Jan 9 – Apr 17 (15 Classes)

Cost: \$52.50

### TRIM & TONE

Reid Centre Gym

Wednesdays (No class Feb 5 & 12)

9:00 – 9:50am **OR** 10:30 – 11:20am

Jan 8 – Apr 16 (13 Classes)

Cost: \$45.50

