

WATER EXERCISE CLASSES



February 18 to March 30, 2019

Shallow Water Exercise

Tuesday 10-10:50 a.m.	Thursday 10-10:50 a.m.	Friday 10-10:50 a.m.
February 19	February 21	February 22
February 26	February 28	March 1
March 5	March 7	March 8
March 12	March 14	March 15
March 19	March 21	March 22
March 26	March 28	March 29

Deep Water Exercise

Monday 10-10:50 a.m.	Monday 4-4:50 p.m.	Wednesday 10-10:50 a.m.	Wednesday 4-4:50 p.m.
February 18-No Class	February 18-No Class	February 20	February 20
February 25	February 25	February 27	February 27
March 4	March 4	March 6	March 6
March 11	March 11	March 13	March 13
March 18	March 18	March 20	March 20
March 25	March 25	March 27	March 27

Fees

1 x week \$24

2 x week \$36

3 x week \$45

REGISTRATION DATES: February 4 to March 8, 2019

www.pirec.org

(207) 764-2545