

WATER EXERCISE CLASSES



November 12 to December 20, 2019

Shallow Water Exercise

Tuesday 10-10:50 a.m.	Thursday 10-10:50 a.m.	Friday 10-10:50 a.m.
November 12	November 14	November 15
November 19	November 21	November 22
November 26	November 28-No class	November 29-No Class
December 3	December 5	December 6
December 10	December 12	December 13
December 17	December 19	December 20

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.
November 11-No Class	November 11-No Class	November 13	November 13
November 18	November 18	November 20	November 20
November 25	November 25	November 27	November 27
December 2	December 2	December 4	December 4
December 9	December 9	December 11	December 11
December 16	December 16	December 18	December 18

Fees

1 x week \$24

2 x week \$36

3 x week \$45

4 x week \$60

5 x week \$70

REGISTRATION DATES: October 28 to November 29, 2019

www.pirec.org

(207)764-2545