

WATER EXERCISE CLASSES



August 12 to September 20, 2019

Shallow Water Exercise

Tuesday 10-10:50 a.m.	Thursday 10-10:50 a.m.	Friday 10-10:50 a.m.
August 13	August 15	August 16
August 20	August 22	August 23
August 27	August 29	August 30
September 3	September 5	September 6
September 10	September 12	September 13
September 17	September 19	September 20

Deep Water Exercise

Monday 10-10:50 a.m.	Wednesday 10-10:50 a.m.	Wednesday 4-4:50 p.m.
August 12	August 14	August 14
August 19	August 21	August 21
August 26	August 28	August 28
September 2 NO CLASS	September 4	September 4
September 9	September 11	September 11
September 16	September 18	September 18

Fees

1 x week \$24

2 x week \$36

3 x week \$45

REGISTRATION DATES: July 29 to August 9, 2019

www.pirec.org

(207) 764-2545