

WATER EXERCISE CLASSES



November 13 to December 21, 2018

Shallow Water Exercise

Tuesday 10-10:50 a.m.	Thursday 10-10:50 a.m.	Friday 10-10:50 a.m.
November 13	November 15	November 16
November 20	November 22-No Class	November 23-No Class
November 27	November 29	November 30
December 4	December 6	December 7
December 11	December 13	December 14
December 18	December 20	December 21

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 12-No Class	November 12-No Class	November 14	November 14
November 19	November 19	November 21	November 21
November 26	November 26	November 28	November 28
December 3	December 3	December 5	December 5
December 10	December 10	December 12	December 12
December 17	December 17	December 19	December 19

Fees

1 x week \$24

2 x week \$36

3 x week \$45

REGISTRATION DATES: October 29 to November 9, 2018

www.pirec.org

(207) 764-2545