

# WATER EXERCISE CLASSES



September 24 to November 3, 2018

## Shallow Water Exercise

<b>Tuesday 10-10:50 a.m.</b>	<b>Thursday 10-10:50 a.m.</b>	<b>Friday 10-10:50 a.m.</b>
September 25	September 27	September 28
October 2	October 4	October 5
October 9	October 11	October 12
October 16	October 18	October 19
October 23	October 25	October 26
October 30	November 1	November 2

## Deep Water Exercise

<b>Monday 10-10:50 a.m.</b>	<b>Monday 4-4:50 p.m.</b>	<b>Wednesday 10-10:50 a.m.</b>
September 24	September 24	September 26
<b>October 1</b>	October 1	October 3
October 8 NO CLASS	October 8 NO CLASS	October 10
<b>October 15</b>	October 15	October 17
October 22	October 22	October 24
October 29	October 29	October 31

## Fees

**1 x week \$24**

**2 x week \$36**

**3 x week \$45**

**REGISTRATION DATES: September 10-21, 2018**

***www.pirec.org***

**(207) 764-2545**