NOVEMBER

MCRC Water WorkOut Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-8:50am						Move & Groove Marybeth P	
9-9:50am	Shallow/Deep (SF15) Barb	Aqua HIIT MaryBeth W		Aqua HIIT MaryBeth W			
10-10:50am	Shallow/Deep (SF15) Barb	Stretch & Tone MaryBeth W	Shallow/Deep (SF15) Barb	Stretch & Tone MaryBeth W	Cardio Splash Barb		
2-2:50pm		Senior WWO Pam		Senior WWO Pam			
6:45-7:35pm				Water Bootcamp Donna			
7-7:50pm	Water Bootcamp Donna						

Join us Wednesday Nov. 25th 6-7:30pm for Stuff the Pool, Fill a Plate Water Workout Food Drive!

Reminder: Pool closed & No classes Thursday Nov. 26th

** All Classes are Subject to Change**

Key:	Stretch & Tone:	Move & Groove:	Aqua HIIT:	Shallow/Deep:	Senior WWO:	Water Bootcamp	Cardio Splash
	Light toning and gentle stretching exercises in shallow water	Energetic Cardio moves set to fun upbeat music... "A Pool Fitness Party"	Full Body Interval Class - focused on strength with bursts of cardio	A combination of shallow & deep water exercises to tone your body while getting your heart pumping.	A combination of toning, stretching and light cardio geared towards seniors.	Full Body Water Workout combining endurance, strength, cardio, intervals & some pilates moves	A combination of Cardio, Toning & Stretching with a Splash of Fun!

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