

# OCTOBER

## MCRC Water WorkOut Schedule

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



**\*\* 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...<br>"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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