


# OCTOBER

## MCRC Water WorkOut Schedule

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

**\*\* 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!