


JULY Water WorkOut Classes

MCRC Water WorkOut Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-8:50am						Move & Groove Marybeth P
9-9:50am		Aqua HIIT MaryBeth W		Aqua HIIT MaryBeth W		
10-10:50am	Shallow/Deep (SF15) Vicki	Stretch & Tone MaryBeth W	Shallow/Deep (SF15) Vicki	Stretch & Tone MaryBeth W	Move & Groove Georgina	
2-2:50pm		Senior WWO Vicki		Senior WWO MaryBeth W		
6:45-7:35pm				Shallow/Deep (SF15) Connie		
7:30-8:20pm	Water Fit Donna		Aqua HIIT Marybeth P			

**** All Classes are Subject to Change****

Key:	Stretch & Tone:	Move & Groove:	Aqua HIIT:	Shallow/Deep:	Senior WWO:	Water Fit:
	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.	Moving with & against the water current while Aqua jogging + toning muscles