


July

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) Vicki	Stretch & Tone MaryBeth W	Shallow/Deep (SF15) Vicki	Stretch & Tone MaryBeth W	AquaLates Georgina 10:05-10:55a		
2-2:50pm		Senior WWO Vicki		Senior WWO MaryBeth W			
6:45-7:35pm				Move & Groove Connie			
7-7:50pm	H2O BodyBurn Donna						

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

Key:	Stretch & Tone:	Move & Groove:	Aqua HIIT:	Shallow/Deep:	Senior WWO:	H2O BodyBurn	AquaLates
	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	A combination of toning, stretching and light cardio geared towards seniors.	Full Body Water Workout combining cardio, intervals & some pilates moves	Strength and Stretching exercises in the form of Pilates in the water!