

## Registration Now Open for October Water Classes

### MCRC Water WorkOut Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:20am						Move & Groove (SF15)
9-9:50am	Move & Groove	Aqua HIIT	Move & Groove	Aqua HIIT	Stretch & Tone	
10-10:50am	Shallow/Deep (SF15)	Stretch & Tone	Shallow/Deep (SF15)	Stretch & Tone	Move & Groove	
2-2:50pm		Senior WWO		Senior WWO		
6:30-7:20pm		Shallow/Deep (SF15)		Shallow/Deep (SF15)		
7:30-8:20pm		Stretch & Tone		Aqua HIIT		

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

Key:	Stretch & Tone:	Move & Groove:	Aqua HIIT:	Shallow/Deep:	Senior WWO:
SF15: Shallow Front of pool. Max 15	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.



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