

Classes available September 18 - September 30

MCRC Water WorkOut Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:20am						
9-9:50am		Aqua HIIT MaryBeth		Aqua HIIT MaryBeth		
10-10:50am		Stretch & Tone MaryBeth		Stretch & Tone MaryBeth		
1-1:50pm						
2-2:50pm		Senior WWO Annabella		Senior WWO Annabella		
5:30-6:20pm						
6:30-7:20pm						
7:30-8:20pm						

**** 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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