

# The Marsh Group Aquatics Schedule

December 3rd - December 9th

Morning Classes						
MON	TUES	WED	THUR	FRI	SAT	SUN
Water Power*** 9:30 - Dianna Lap Pool	Water Workout ** 7:00 - Diane Lap Pool	Water Power*** 9:30 - Stephanie Lap Pool	Water Workout** 7:00-Linda Lap Pool	Swim & Tone \$ 8:30 - Diane Lap Pool	Interval Circuit*** 9:00 - Diane Lap Pool	Peace & Stretch 10:00 - Tracie Therapy Pool
Loose & Limber * 10:30 - Diane Therapy Pool	Holiday Hustle*** 9:30 - Andrew Lap Pool	Balance & Core * 10:30 - Stephanie Therapy Pool	Interval Circuits*** 9:30-Steph Lap Pool	Aqua Jog Xpress \$ 9:30 - Ryan Therapy Pool	Ai Chi * 10:00-Mary M Therapy Pool	
Aqua Mix ** 11:00 - Stephanie Lap Pool	\$ Aqua Jog Xpress \$ 9:30 - Ryan Therapy Pool	Aqua Mix ** 11:00 - Diane Lap Pool	Gentle Stretch* 10:30- Judy Therapy Pool	Winter Wonderland 10:00 - Jen Lap Pool		
Balance & Core * 11:30 - Diane Therapy Pool	Ai Chi * 10:30 - Dianna Therapy Pool	Water Yoga * 11:30 - Judy Therapy Pool		Ai Chi * 10:30 - Dianna Therapy Pool		
				Balance & Core 11:30 -Brenda Therapy Pool		

Afternoon & Evening Classes						
Water Workout ** 6:00 - Jill Lap Pool	Swim Lessons 4:00 - 6:00 PM Lap Pool		Swim Lessons 4:00 - 6:00 PM Lap Pool			Aquatots 4:00-5:45 Therapy Pool
	Water Yoga * 6:00 - Nicola Therapy Pool					Swim Lesson 5:45-6:45 Lap Pool

**Intensity Levels are as follows: \* Therapy    \*\* For All    \*\*\* Vigorous**

Marsh Aquatics Classes are 45 minutes in length unless shown. The Marsh reserves the right to alter the schedule as needed.

All classes are free of charge to members, except for special programming (designated \$)

The Therapy Pool is open for quiet usage during classes EXCEPT for Ai Chi and Water Yoga

Lap Lanes are open during 7:00AM classes and 6:00 PM class