

# The Marsh Group Aquatics Schedule

January 7 - 13, 2019

Morning Classes						
MON	TUES	WED	THUR	FRI	SAT	SUN
Water Power*** 9:30 - Dianna Lap Pool	Water Workout ** 7:00 -Brenda Lap Pool	Water Power*** 9:30 - Stephanie Lap Pool	Water Workout** 7:00-Diane Lap Pool	Swim & Tone \$ 8:30 - Diane Lap Pool	Interval Circuit*** 9:00 - Brenda Lap Pool	Peace & Stretch 10:00 - Nicola Therapy Pool
Loose & Limber * 10:30 - Diane Therapy Pool	Interval Circuits*** 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	Loose & Limber 10:00-Sharon Therapy Pool	
Aqua Mix ** 11:00 -Carole Lap Pool	\$ Aqua Jog Xpress \$ 9:30 - Ryan Therapy Pool	Aqua Mix ** 11:00 - Carole Lap Pool	Gentle Stretch* 10:30- Steph 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 - Diane 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 pool is closed during all Lap pool group fitness classes. During swim lessons 1 Lap lane is open