

# The Marsh Group Aquatics Schedule

February 11th - February 17th

Morning Classes						
MON	TUES	WED	THUR	FRI	SAT	SUN
Water Power*** 9:30 - Dianna Lap Pool	Water Workout ** 7:00 -Tracie Lap Pool	Water Power*** 9:30 - Stephanie Lap Pool	Strength & Stretch 7:00-Diane Therapy Pool	Swim & Tone \$ 8:30 - Diane Lap Pool	Interval Circuit*** 9:00 - Tracie Lap Pool	Sunday Stretch 10:00 - Jill 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-Tracie Therapy Pool	
Aqua Mix ** 11:00 -Carole Lap Pool	\$ Aqua Jog Xpress \$ 9:30 - Ryan Therapy Pool	Aqua Mix ** 11:00 - Diane Lap Pool	Gentle Stretch* 10:30- Carole therapy Pool	Water Power*** 10:00 - Tracie Lap Pool		
Balance & Core * 11:30 - Diane Therapy Pool	Ai Chi * 10:30 - Dianna Therapy Pool	Water Yoga * 11:30 - Liz Therapy Pool		Ai Chi * 10:30 - Dianna Therapy Pool		
				Balance & Core 11:30 -Brenda Therapy Pool		
				\$ PT Workshop \$ 1:00-2:00pm Ther Pool CLOSED		

## Afternoon & Evening Classes

Water Workout ** 6:00 - Jill Lap Pool	Swim Lessons 4:00 - 6:00 PM Lap Pool		Swim Lessons 4:00 - 6:30 PM Lap Pool			Aquatots 3:30-5:45 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 lane closed during all classes

During Tu, Thurs swim lessons 1 Lap lane is open. No Lap swimming during Sunday swim lessons