

The Marsh Group Aquatics Schedule

March 11th - March 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	Stretch & Strength** 7:00-Diane Lap Pool	Swim & Tone \$ 8:30 - Diane Lap Pool	Interval Circuit*** 9:00 - Tracie Lap Pool	Sunday Stretch 10:00 - <i>Tracie</i> Therapy Pool
Loose & Limber * 10:30 - Judy Therapy Pool	Interval Circuit*** 9:30 - Andrew Lap Pool	Balance & Core * 10:30 - Stephanie Therapy Pool	Interval Circuits*** 9:30-Stephanie Lap Pool	Aqua Jog Xpress \$ 9:30 - Ryan Therapy Pool	Loose & Limber 10:00- <i>Sharon</i> 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 - <i>Judy</i> therapy Pool	Water Workout 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 -Diane Therapy Pool		

Afternoon & Evening Classes						
Water Workout ** 6:00 - <i>Jill</i> 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