

The Marsh Group Aquatics Schedule

March 16th - March 22nd



New Evening Class

Morning Classes						
MON	TUES	WED	THUR	FRI	SAT	SUN
Spring Fling 9:30 - Dianna Lap Pool		\$Aqua Jog Xpress\$ 8:30 - Jen Therapy Pool	Aqua Noodle HiIT 9:30 -Stephanie Lap Pool	\$Suspended Motion\$ 8:30-9:00 - Diane Lap Pool	Aqua Cardio 9:15 - Tracie Lap Pool	Spring Breeze 10:00 - Jill Therapy Pool
Loose & Limber 10:30 -Judy Therapy Pool	Aqua Cardio 9:30 - Sharon Lap Pool	Water Power 9:30 - Stephanie Lap Pool	Gentle Stretch 10:30- Sharon Therapy Pool	\$Aqua Jog Xpress\$ 9:30 - Ryan Therapy Pool	Aqua Barre 10:00 - Tracie Therapy Pool	
Aqua Mix 11:00 -Sharon Lap Pool	\$Aqua Jog Xpress\$ 9:30 - Ryan Therapy Pool	Beach Ball Balance 10:30-Stephanie Therapy Pool		Beach Bash Blast 10:00 - Jen Lap Pool		
Balance & Core 11:30 - Diane Therapy Pool	Ai Chi 10:30 - Dianna Therapy Pool	Aqua Mix 11:00 - Sharon Lap Pool		Ai Chi 10:30 - Dianna Therapy Pool		
		Water Yoga 11:30 - Judy Therapy Pool		Balance & Core 11:30 -Diane Therapy Pool		
	Mindful Moving 1:00-3:00 Lap Pool (closed)		Mindful Moving 1:00-3:00 Lap Pool (closed)			Mindful Moving 1:00-3:00 Lap Pool (closed)
Afternoon & Evening Classes						
Beach Boys 6:00 - Tracie Lap Pool	Swim Lessons 3:30 - 6:30 PM Lap Pool	Water Workout 6:00 -Tracie Lap Pool	Swim Lessons 3:30 - 6:30 PM Lap Pool			
	Aqua Yoga&Barre 5:30 - Tracie Therapy Pool					

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 \$)

Therapy Pool is open for peaceful usage during classes EXCEPT: Workshops, Ai Chi & Water Yoga/Lap lane closed during all classes

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