



## March Wellness Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9 AM</b> <b>March Ahead Aqua</b> <b>John: Lap Pool</b>		<b>9 AM</b> <b>March Ahead Aqua</b> <b>John: Lap Pool</b>		<b>9 AM</b> <b>March Ahead Aqua</b> <b>Neylana: Lap Pool</b>	
<b>10 AM</b> <b>Ai Chi</b> <b>Marcus: Therapy Pool</b>	10AM March Ahead Aqua Arthritis Neylana: Therapy Pool	<b>10 AM</b> <b>Ai Chi</b> <b>Marcus: Therapy Pool</b>	10AM March Ahead Aqua Arthritis Neylana: Therapy Pool	10 AM Water Volleyball Therapy Pool	
Reserved 1-2pm PT	Reserved 1-2pm PT	Reserved 1-2pm PT	Reserved 1-2pm PT		
5:30 PM Aqua Interval Marilyn: Therapy Pool	5:30 PM Aqua Fit Marsha: Therapy Pool	5:30 PM Aqua Interval Marilyn: Therapy Pool	5:30 PM Aqua Fit Erika: Therapy Pool		
		8:00-9:00 PM *Swim Training <b>NEW!</b> Alex: Lap Pool *Register at the front desk.			