

The Marsh Group Fitness Schedule

Winter 2011 February 6-12

	Mon. 6	Tues. 7	Wed. 8	Thurs. 9	Fri. 10	Sat. 11	Sun. 12
6:00 a.m.	♥ Cycle West Mary	BodyPump East Liz	♥ Cycle West Kristin	BodyPump East Emily	♥ Cycle West Brad	<i>Valentine Packages available in the Spa!</i>	
7:00 a.m.			♥ Step East Teri Tai Chi Practice Group		♥ Step East Teri		
8:00 a.m.	Muscle Conditioning East Heidi	Gentle Yoga East Britta \$ Pilates Foam Roller West Lesley	(8:15-8:45) 30 Minute Pilates Abs East Jillian	Kripalu Yoga East Sharon	Muscle Conditioning East Ruth	Iyengar Yoga East Carlton \$ Marsh X with TRX West	
9:15 a.m.	♥ Step East Liz	(70) Vinyasa Yoga East Ryan	♥ Step East Mary Ann	Vinyasa Yoga West Jessica	♥ BodyJam East Liz	♥ Body Pump East Ann Marie	(75) Int./Adv.Vinyasa Yoga West Amanda
10:15 a.m.	♥ Cycle Yoga Fusion West Shari	Body Pump West Ann Marie	♥ Cycle Cardio Smart West Heidi	Body Pump East Ruth		♥ Cycle West Kristin	♥ Step East Katherine
10:30 a.m.	♥ Nia East Jill	♥ Flo Motion East Laura \$ Pilates: Begining Mat West	♥ Nia East Jill	Zumba! Cardio Smart East Mary Ann \$ Pilates: Int. Mat West		♥ Dance Variety Nia East Jill ♥ Cardio Bounce West Ruth	♥ (65) Nia East Jill
11:15 a.m.	Gentle Yoga East Stephanie		Yogilates West Courtney		Gentle Yoga East Amanda		
11:30 a.m.	♥ Cardio Smart Information Session West Joel/Mike	I (45) Introduction to Body Recall West Liz	Beginning Tai Chi/QiGong East Dianna	NEW! Tai Chi Chih East Monica		\$TKD - Drills and Sparring - all ranks West	Friends & Family Introduction to BodyPump East Katie
12:00 p.m.				♥ \$ Marsh X with TRX West			
12:30 p.m.			\$ 1:00 PM Intuitive and Mindful Eating Series Begins with Kim Plessel, RD		Yang Style Tai Chi East Ting		
2:00 p.m.		Fit 4 Life East/ Training Center		Fit 4 Life East/Training Center			
3:00 p.m.	\$ Pilates Barre West Lesley					\$ Partner Yoga East Shari	
4:30 p.m.		\$ 4:30 PM - 5:15 PM TKD: Whites - Blue East		\$ 4:30 PM - 5:15 PM TKD: Whites - Blue East			
5:00 p.m.		\$ 5:15-6 PM TKD Brown-Black East		\$ 5:15-6 PM TKD Brown-Black East			SundayYoga Experiential East Sharon
5:30 p.m.	Introduction to Kripalu Yoga West Liz		Beginning/ Intermediate Yoga West Christy				
6:00 p.m.	BodyPump East Katie	♥ Nia East Jill ♥ Cardio Bounce West Ruth	Body Pump East Beth	♥ Yogilates Dragon Room ♥ Cardio Bounce West Ruth	BodyPump East Katie \$ Meditation Wkshop Dragon Room Bhanti	Live Music with Benny Weinbeck 6:00 - 8:00 PM	
6:30 p.m.			Continuing Iyengar Yoga West Carlton	♥ (6PM) New Time! BodyJam East Jillian			
6:45 p.m.	\$ Int./Adv. Pilates Mat West Lesley				(7:00 PM) Meditation Dragon Room Bhanti		
7:00 p.m.					\$ Yoga Nidra East Sharon		

All Group Fitness Studio classes are 55 minutes in length unless shown otherwise in parentheses.

All classes are free of charge to members, except for special programming (designated with \$).

The Marsh reserves the right to alter the group fitness schedules as needed.

Please reserve your space for Cycle classes no more than 24 hours in advance by calling the Front Desk at 952-935-2202.