

DECEMBER AQUATICS CLASS SCHEDULE

Our classes are open to all levels of experience and are subject to change during special events.

Monday

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|---------------------|----------------------------|---------------|-------------|-----------|
| 6 to 6:55 a.m. | SwimFit Endurance | Charlie Fry | Sports Pool | Lanes 1-6 |
| 9 to 9:55 a.m. | SwimFit Endurance | Charlie Fry | Sports Pool | Lanes 1-6 |
| 9:30 to 10 a.m. | WaterFitness Water Walk | Mary Hodge | Resort Pool | |
| 10:15 to 11:10 a.m. | WaterFitness Deep Water | Mary Hodge | Resort Pool | |
| 11:20 to 11:50 a.m. | WaterFitness S-T-R-E-T-C-H | Mary Hodge | Resort Pool | |
| Noon to 12:55 p.m. | SwimFit Endurance | Charlie Fry | Sports Pool | Lanes 1-6 |
| 5:15 to 6:15 p.m. | BlueFins Year-Round | Jorge Mijares | Sports Pool | Lanes 6-9 |

Tuesday

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|-------------------|----------------------|-----------------|-------------|-----------|
| 6 to 6:55 a.m. | SwimFit Swimtensity | Charlie Fry | Sports Pool | Lanes 1-6 |
| 9 to 9:55 a.m. | SwimFit Swimtensity | Charlie Fry | Sports Pool | Lanes 1-6 |
| 5:15 to 6:15 p.m. | BlueFins Year-Round | Jorge Mijares | Sports Pool | Lanes 6-9 |
| 6:15 to 7:15 p.m. | WaterFitness HIIT It | Charlotte Strom | Resort Pool | |

Wednesday

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|---------------------|----------------------------|-----------------|-------------|-----------|
| 6 to 6:55 a.m. | SwimFit Strong | Charlie Fry | Sports Pool | Lanes 1-6 |
| 9 to 9:55 a.m. | SwimFit Strong | Charlie Fry | Sports Pool | Lanes 1-6 |
| 9:30 to 10 a.m. | WaterFitness Walk'n Tone | Charlotte Strom | Resort Pool | |
| 10:15 to 11:10 a.m. | WaterFitness Deep Water | Charlotte Strom | Resort Pool | |
| 11:20 to 11:50 a.m. | WaterFitness S-T-R-E-T-C-H | Charlotte Strom | Resort Pool | |
| Noon to 12:55 p.m. | SwimFit Strong | Charlie Fry | Sports Pool | Lanes 1-6 |
| 5:15 to 6:15 p.m. | BlueFins Year-Round | Jorge Mijares | Sports Pool | Lanes 6-9 |

Thursday

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|-------------------|----------------------|-----------------|-------------|-----------|
| 6 to 6:55 a.m. | SwimFit H.I.T.S. | Charlie Fry | Sports Pool | Lanes 1-6 |
| 9 to 9:55 a.m. | SwimFit H.I.T.S. | Charlie Fry | Sports Pool | Lanes 1-6 |
| 5:15 to 6:15 p.m. | BlueFins Year-Round | Jorge Mijares | Sports Pool | Lanes 6-9 |
| 6:15 to 7:15 p.m. | WaterFitness HIIT It | Charlotte Strom | Resort Pool | |

Friday

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|---------------------|----------------------------|-----------------|-------------|-----------|
| 9 to 9:55 a.m. | SwimFit Mighty Mile | Jarrold Marrs | Sports Pool | Lanes 1-6 |
| 9:30 to 10 a.m. | WaterFitness Walk'n Tone | Charlotte Strom | Resort Pool | |
| 10:15 to 11:10 a.m. | WaterFitness Deep Water | Charlotte Strom | Resort Pool | |
| 11:20 to 11:50 a.m. | WaterFitness S-T-R-E-T-C-H | Charlotte Strom | Resort Pool | |
| Noon to 1 p.m. | SwimFit Mighty Mile | Jarrold Marrs | Sports Pool | Lanes 1-6 |

Saturday

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|-----------------|------------------------|-----------------|-------------|-----------|
| 8 to 8:55 a.m. | Water Fitness Aqua Fit | Charlotte Strom | Resort Pool | |
| 9 to 10:15 a.m. | SwimFit Strong | Jorge Mijares | Sports Pool | Lanes 1-6 |

Sunday

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|----------------|-------------------------|-----------|-------------|-----------|
| 9 to 9:55 a.m. | SwimFit Go The Distance | Mark Hahn | Sports Pool | Lanes 1-6 |
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