

JULY AQUATICS CLASS SCHEDULE

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

Monday

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	Sports Pool	Lanes 7-10
11:20 to 11:50 a.m.	WaterFitness S-T-R-E-T-C-H	Mary Hodge	Garden Pool	
Noon to 12:55 p.m.	SwimFit Endurance	Charlie Fry	Sports Pool	Lanes 1-6

Tuesday

6 to 6:55 a.m.	SwimFit Swintensity	Charlie Fry	Sports Pool	Lanes 1-6
9 to 9:55 a.m.	SwimFit Swintensity	Charlie Fry	Sports Pool	Lanes 1-6
11 to 11:30 a.m.	Stand Up Paddle	Jarrold Marrs	Sports Pool	Lanes 9-10
Noon to 1 p.m.	SwimFit Power Hour	Jorge Mijares	Sports Pool	Lanes 1-5
6:15 to 7:15 p.m.	WaterFitness HIIT It	Charlotte Strom	Sports Pool	Lanes 7-10

Wednesday

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	Sports Pool	Lanes 7-10
11:20 to 11:50 a.m.	WaterFitness S-T-R-E-T-C-H	Charlotte Strom	Garden Pool	
Noon to 12:55 p.m.	SwimFit Strong	Charlie Fry	Sports Pool	Lanes 1-6

Thursday

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
Noon to 1 p.m.	SwimFit Power Hour	Jorge Mijares	Sports Pool	Lanes 1-5
6:15 to 7:15 p.m.	WaterFitness HIIT It	Charlotte Strom	Sports Pool	Lanes 7-10

Friday

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	Sports Pool	Lanes 7-10
11:20 to 11:50 a.m.	WaterFitness S-T-R-E-T-C-H	Charlotte Strom	Garden Pool	
Noon to 1 p.m.	SwimFit Mighty Mile	Jarrold Marrs	Sports Pool	Lanes 1-6

Saturday

8 to 8:55 a.m.	Water Fitness Aqua Fit	Charlotte Strom	Sports Pool	Lanes 7-10
9 to 10:15 a.m.	SwimFit Strong	Jorge Mijares	Sports Pool	Lanes 1-6

Sunday

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