

# NOVEMBER AQUATICS CLASS SCHEDULE

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

## 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    | 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

|                   |                      |                 |             |           |
|-------------------|----------------------|-----------------|-------------|-----------|
| 6 to 6:55 a.m.    | SwimFit Swintensy    | Charlie Fry     | Sports Pool | Lanes 1-6 |
| 9 to 9:55 a.m.    | SwimFit Swintensy    | Charlie Fry     | Sports Pool | Lanes 1-6 |
| 6:15 to 7:15 p.m. | WaterFitness HIIT It | Charlotte Strom | Resort Pool |           |

## 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 | 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

|                   |                      |                 |             |           |
|-------------------|----------------------|-----------------|-------------|-----------|
| 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

|                     |                            |                 |             |           |
|---------------------|----------------------------|-----------------|-------------|-----------|
| 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

|                 |                        |                 |             |           |
|-----------------|------------------------|-----------------|-------------|-----------|
| 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

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

