

# 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 |
| 9:15 to 10 a.m.     | WaterFitness Balance & Strength | 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    | Garden Pool |           |
| Noon to 12:55 p.m.  | SwimFit Endurance               | Charlie Fry   | Sports Pool | Lanes 1-6 |
| 5 to 6 p.m.         | BlueFins Year-Round             | Jorge Mijares | Sports Pool | Lanes 6-9 |

## Tuesday

|                   |                       |                 |             |           |
|-------------------|-----------------------|-----------------|-------------|-----------|
| 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 |
| 6:15 to 7:15 p.m. | WaterFitness HIIT It* | Charlotte Strom | Resort Pool |           |
| 5 to 6 p.m.       | BlueFins Year-Round   | Jorge Mijares   | Sports Pool | Lanes 6-9 |

## 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 |
| 9:15 to 10 a.m.     | Waterfitness Balance & Strength | 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 | Garden Pool |           |
| Noon to 12:55 p.m.  | SwimFit Strong                  | Charlie Fry     | Sports Pool | Lanes 1-6 |
| 5 to 6 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 |           |
| 5 to 6 p.m.       | BlueFins Year-Round   | Jorge Mijares   | Sports Pool | Lanes 6-9 |

## Friday

|                     |                                 |                 |             |           |
|---------------------|---------------------------------|-----------------|-------------|-----------|
| 9 to 9:55 a.m.      | SwimFit Mighty Mile             | Jarrold Marrs   | Sports Pool | Lanes 1-6 |
| 9:15 to 10 a.m.     | WaterFitness Balance & Strength | 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 | Garden Pool |           |
| Noon to 1 p.m.      | SwimFit Mighty Mile             | Jarrold Marrs   | Sports Pool | Lanes 1-6 |
| 5 to 6 p.m.         | BlueFins Year-Round             | Jorge Mijares   | Sports Pool | Lanes 6-9 |

## 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 |
|----------------|-------------------------|-----------|-------------|-----------|

\*The assigned pool location is subject to change as needed at the discretion of the instructor.

