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
4:15 to 5 p.m.	BlueFins Boot Camp	Jorge Mijares	Sports Pool	Lanes 8-10
5 to 6 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				
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
Noon to 1 p.m.	SwimFit Power Hour	Jorge Mijares	Sports Pool	Lanes 1-5
4:15 to 5 p.m.	BlueFins Boot Camp	Jorge Mijares	Sports Pool	Lanes 8-10
5 to 6 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	Jarrod 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	Jarrod 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.*

