

JULY AQUATICS CLASS SCHEDULE

Monday

6 to 6:55 a.m.	SwimFit Endurance Fitness Swim	Charlie Fry	Sports Pool	Lanes 1-6
9 to 9:55 a.m.	SwimFit Fired Up	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 am.	WaterFitness Deep Water	Mary Hodge	Sports Pool	Lanes 7-10
11:20 to 11:50 a.m.	Water Fitness S-T-R-E-T-C-H	Mary Hodge	Garden Pool	
Noon to 12:55 p.m.	SwimFit Circuit Swim	Charlie Fry	Sports Pool	Lanes 1-6

Tuesday

6 to 6:55 a.m.	SwimFit Swimtensity	Charlie Fry	Sports Pool	Lanes 1-6
9 to 9:55 a.m.	SwimFit Fired-Up	Charlie Fry	Sports Pool	Lanes 1-6
11 a.m. to Noon	SwimFit Open Water	Jorge Mijares	Sports Pool	Lanes 1-3
5 to 6:15 p.m.	BlueFins Year-Round	Jorge Mijares	Sports Pool	Lanes 2-6
6:15 to 7:15 p.m.	Water Fitness HIIT It	Charlotte Strom	Sports Pool	Lanes 7-10

Wednesday

6 to 6:55 a.m.	SwimFit Swim Strong	Charlie Fry	Sports Pool	Lanes 1-6
9 to 9:55 a.m.	SwimFit SwimTek	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	Sport Pool	Lanes 7-10
11:20 to 11:50 am	Water Fitness S-T-R-E-T-C-H	Charlotte Strom	Garden Pool	
Noon to 12:55 p.m.	SwimFit Fired Up	Charlie Fry	Sports Pool	Lanes 1-6
5 to 6:15 p.m.	BlueFins Year-Round	Jorge Mijares	Sports Pool	Lanes 2-6

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 Fired Up	Charlie Fry	Sports Pool	Lanes 1-6
11 a.m. to Noon	SwimFit Open Water	Jorge Mijares	Sports Pool	Lanes 1-3
5 to 6:15 p.m.	BlueFins Year-Round	Jorge Mijares	Sports Pool	Lanes 2-6
6:15 to 7:15 p.m.	WaterFitness HIIT It	Charlotte Strom	Sports Pool	Lanes 7-10

Friday

9 to 9:55 a.m.	The Mighty Mile	Jarrod 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 HIIT It	Charlotte Strom	Sport Pool	Lanes 7-10
11:20 to 11:50 a.m.	Water Fitness S-T-R-E-T-C-H	Charlotte Strom	Garden Pool	
Noon to 1 p.m.	SwimFit Swim Strong	Jarrod Marrs	Sports Pool	Lanes 1-6

Saturday

8 to 8:55 a.m.	Aqua Fit	Charlotte Strom	Sports Pool	Lanes 9-10
9:15 to 10:30 a.m.	SwimFit Swim Strong	Jorge Mijares	Sports Pool	Lanes 1-6
11:30 a.m. to 12:30 p.m.	SwimFit Open Water	Jorge Mijares	Sports Pool	Lanes 1-3

Sunday

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