

# NOVEMBER 2023

## FITNESS SCHEDULE



SUN. MON. TUES. WED. THURS. FRI. SAT.

1

5:30am Power Wave - Jimmy  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua -Kylene  
9:30am Shallow Aqua -Kylene

6pm High Intensity Shallow -  
Melissa

2

7:00am High Intensity Shallow—  
Darlene  
8:30am Deep Aqua – Barbara  
9:30am Shallow Aqua – Barbara

3

5:30am Power Wave— Jimmy  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua – John  
9:30am Shallow Aqua – John

4

8:30am Shallow Aqua –  
Melissa

5

6

5:30am Power Wave— Dawn  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua – Barbara  
9:30am Shallow Aqua - Darlene  
9:30am Deep Aqua - Barbara  
  
6pm High Intensity Shallow -  
Jill

7

7:00am High Intensity  
Shallow— Dawn  
8:30am Deep Aqua – Jill  
9:30am Shallow Aqua – Jill

8

5:30am Power Wave - Dawn  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua -Kylene  
9:30am Shallow Aqua -Kylene

6pm High Intensity Shallow -  
Melissa

9

7:00am High Intensity Shallow—  
Dawn  
8:30am Deep Aqua – John  
9:30am Shallow Aqua – John

10

5:30am Power Wave— Dawn  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua – Darlene  
9:30am Shallow Aqua – Darlene

11

8:30am Shallow Aqua –  
Barbara

12

13

5:30am Power Wave— Dawn  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua – John  
9:30am Shallow Aqua - Barbara  
9:30am Deep Aqua - John  
  
6pm High Intensity Shallow -  
Kylene

14

7:00am High Intensity  
Shallow— Dawn  
8:30am Deep Aqua – Jill  
9:30am Shallow Aqua – Jill

15

5:30am Power Wave - Dawn  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua -Kylene  
9:30am Shallow Aqua -Barbara

6pm High Intensity Shallow -  
Melissa

16

7:00am High Intensity Shallow—  
Dawn  
8:30am Deep Aqua – Darlene  
9:30am Shallow Aqua – Darlene

17

5:30am Power Wave— Dawn  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua – Barbara  
9:30am Shallow Aqua – Barbara

18

8:30am Shallow Aqua –  
Melissa

19

20

5:30am Power Wave— Dawn  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua – John  
9:30am Shallow Aqua - Darlene  
9:30am Deep Aqua - John  
  
6pm High Intensity Shallow -  
Jill

21

7:00am High Intensity  
Shallow— Dawn  
8:30am Deep Aqua – Jill  
9:30am Shallow Aqua – Jill

22

5:30am Power Wave - Dawn  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua -Barbara  
9:30am Shallow Aqua -Barbara

No Evening Classes Today.

23

**CLOSED.  
HAPPY THANKSGIVING!**



24

25

8:30am Shallow Aqua –  
Melissa

26

27

5:30am Power Wave— Dawn  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua – John  
9:30am Shallow Aqua - Darlene  
9:30am Deep Aqua - John  
  
6pm High Intensity Shallow -  
Kylene

28

7:00am High Intensity Shallow—  
Dawn  
8:30am Deep Aqua – Jill  
9:30am Shallow Aqua – Jill

29

5:30am Power Wave - Dawn  
KEYFOB MEMBER EXCLUSIVE  
8:30am Shallow Aqua -Kylene  
9:30am Shallow Aqua -Barbara

6pm High Intensity Shallow -  
Melissa

30

7:00am High Intensity Shallow—  
Dawn  
8:30am Deep Aqua – Darlene  
9:30am Shallow Aqua – Darlene

## IMPORTANT POLICIES & PROCEDURES FOR AQUA AEROBICS:

1. Clients **MUST** have a reservation into class to attend class. Reservations will open on SATURDAYS AT 8AM for the coming week. Clients may book out a week at a time. (Example: Clients may book class for Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday for the coming week on Saturday when the booking window opens.)
2. If you are unable to attend your scheduled reservation, you **MUST** cancel that reservation at least 2 hours in advance or face a class reservation suspension. This is so everyone has equal opportunity to attend class.
3. Check in for class will not begin until **15 minutes** before class.
4. Members should **TOWEL OFF** before exiting the pool area so as not to create a slip hazard.
5. *Aquaventure reserves the right to delete reservations that do not follow this booking policy.*

All Fitness classes are FREE with a valid membership! Not ready to purchase a membership? See below for "Pay per class" options.

1 CLASS PACKAGE  
**\$18.00**

3 CLASS PACKAGE  
**\$48.00**

5 CLASS PACKAGE  
**\$75.00**

### Shallow Aqua -50 MIN.

Taking place in the shallow pool, this popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles! You will still be sweating by the end of class. Tone and sculpt your body with no impact to your joints.

Instructors: Dawn, John, Melissa, James, Kylene, Barbara, Darlene, Jill

### High Intensity Shallow Aqua -50 MIN.

Just like our traditional shallow aqua class, but turned up a couple notches! This classes showcases higher intensity workouts with a focus on cardio and resistance training. Enjoy challenging workouts lead by experienced instructors that will leave you feeling rejuvenated, refreshed and accomplished!

Instructors: Dawn, John, Alyssa, Melissa, Jimmy, James, Kylene, Darlene, Jill, Darlene, Barbara

### Power Wave -50 MIN.

High Energy, Fat Burning, Cardio Seekers rejoice! Taking place in the shallow pool, this intense class is sure to make you sweat and leave you feeling motivated and energized! *\*Please note- this class is exclusively for active key fob members only. Persons wishing to take this class must have an active, paid-to-date membership and key fob to attend.*

Instructor: Dawn, Jimmy, James

### Deep Aqua -50 MIN.

These classes are performed in the dive tank! A float belt is worn at all times during this class. Let us take you to the deepest parts of water fitness training! This challenging class incorporates high-intensity, non-impact strength and cardiovascular movements that provide one of the best forms of exercise. *\*Must be comfortable in deep water.*

Instructor: Jill, John, James, Barbara

### FloatFit HIIT (Seasonal) -50 MIN.

The FloatFit (High Intensity Interval Training) HIIT workout includes burpees, lunges, squats, aqua-climbers, v-sits; all on water using a floating exercise mat! Burn calories, strengthen your core, and improve your physique!

Instructor: Alyssa

### ALL LEVELS YOGA -50 MIN. (Seasonal)

Yoga for Every Body™ is a traditional Hatha-style yoga class appropriate for anyone looking to begin or deepen a yoga practice. It consists of centering, breath work, and a series of poses designed to create strength, balance, and flexibility. Participants should bring a yoga Mat, comfortable clothes, and a positive attitude with them.

Instructor: Melissa