

# JULY 2022



SUN.

MON.

TUES.

WED.

THURS.

FRI.

SAT.

					1	2
					5:30am Power Wave— Dawn 8:30am Shallow Aqua – Lillian 9:30am Deep Aqua – Tess 9:30am Shallow Aqua – Lillian	8:30am Shallow Aqua – Melissa
3	4	5	6	7	8	9
	<b>CLOSED HAPPY 4TH OF JULY!</b>	7:00am High Intensity Shallow— Jill 9:30am Shallow Aqua – Diane	5:30am Power Wave— Tess 7:00am Shallow Aqua –John 8:30am Shallow Aqua –John 9:30am Deep Aqua – Diane 9:30am Shallow Aqua –John  <b>6pm High Intensity Shallow - Tess</b>	7:00am High Intensity Shallow— Jill 9:30am Shallow Aqua – John	5:30am Power Wave— Tess 8:30am Shallow Aqua – Lillian 9:30am Deep Aqua – Jill 9:30am Shallow Aqua – Lillian	8:30am Shallow Aqua – Melissa
10	11	12	13	14	15	16
	5:30am Power Wave— Tess 8:30am Shallow Aqua – Jill 9:30am Deep Aqua – Tess 9:30am Shallow Aqua - Jill  <b>6pm High Intensity Shallow - Jamie</b>	7:00am High Intensity Shallow— Dawn 9:30am Shallow Aqua – Diane	5:30am Power Wave— Jimmy 7:00am Shallow Aqua –John 8:30am Shallow Aqua –John 9:30am Deep Aqua – Diane 9:30am Shallow Aqua –John  <b>6pm High Intensity Shallow - Tess</b>	7:00am High Intensity Shallow— Jill 9:30am Shallow Aqua – Diane	5:30am Power Wave— Jimmy 8:30am Shallow Aqua – Lillian 9:30am Deep Aqua – Jill 9:30am Shallow Aqua – Lillian	8:30am Shallow Aqua – Melissa
17	18	19	20	21	22	23
	5:30am Power Wave— Dawn 8:30am Shallow Aqua – Tess 9:30am Deep Aqua – Tess 9:30am Shallow Aqua - Jill  <b>6pm High Intensity Shallow - Jamie</b>	7:00am High Intensity Shallow— Dawn 9:30am Shallow Aqua – Diane	5:30am Power Wave— Jimmy 7:00am Shallow Aqua –Tess 8:30am Shallow Aqua –Tess 9:30am Deep Aqua – Diane 9:30am Shallow Aqua –Tess  <b>6pm High Intensity Shallow - Dawn</b>	7:00am High Intensity Shallow— Dawn 9:30am Shallow Aqua – Diane	5:30am Power Wave— Dawn 8:30am Shallow Aqua – Diane 9:30am Deep Aqua – Tess 9:30am Shallow Aqua – Diane	8:30am Shallow Aqua – Melissa
24	25	26	27	28	29	30
	5:30am Power Wave— Dawn 8:30am Shallow Aqua – Jill 9:30am Deep Aqua – Diane 9:30am Shallow Aqua - Jill  <b>6pm High Intensity Shallow - Jamie</b>	7:00am High Intensity Shallow— Dawn 9:30am Shallow Aqua – Diane	5:30am Power Wave— Jimmy 7:00am Shallow Aqua –John 8:30am Shallow Aqua –John 9:30am Deep Aqua – Diane 9:30am Shallow Aqua –John  <b>6pm High Intensity Shallow - Tess</b>	7:00am High Intensity Shallow— Dawn 9:30am Shallow Aqua – Diane	5:30am Power Wave— Dawn 8:30am Shallow Aqua – John 9:30am Deep Aqua – Tess 9:30am Shallow Aqua – John	8:30am Shallow Aqua – Melissa

## 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. Face masks may NOT be worn in the water. This is a safety issue and a risk of water suffocation.
5. Members should **TOWEL OFF** before exiting the pool area so as not to create a slip hazard.
6. *Aquaventure reserves the right to delete reservations that do not follow this booking policy.*

### 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, Tess, Lillian, Melissa, Jamie, Diane

### 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, Tess, Alyssa, Melissa, Jimmy, Jamie

### 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!

Instructor: Dawn, Jimmy, Jamie

### 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, Diane, Lillian, Tess

### Shallow Aqua Stretch & Tone -25 MIN.

The perfect class to follow an invigorating shallow aqua class, Aqua Stretch & Tone is a perfect match to tone up and stretch out those fiery muscles you've been working. We focus on building strength, endurance, flexibility, balance, and fun. All exercises are conducted in the shallow lap pool.

Instructor: John, Jill, Lillian, Tess, Melissa, Dawn

### \*FloatFit HIIT (Seasonal) -60 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!

*Cost: \$10 per person*

Instructor: Alyssa