


# March 2023

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
<b>1</b>			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			5:30am Power Wave - James <small>KEYFOB MEMBER EXCLUSIVE</small> 7:30am Shallow Aqua – Barbara 8:30am Shallow Aqua – Barbara  5pm All Levels Yoga - Melissa 6pm High Intensity Shallow - Melissa	7:00am High Intensity Shallow – Darlene 8:30am Deep Aqua – John 9:30am Shallow Aqua – John	5:30am Power Wave— Jimmy <small>KEYFOB MEMBER EXCLUSIVE</small> 8:30am Shallow Aqua – Barbara 9:30am Shallow Aqua – Barbara	8:30am Shallow Aqua – Melissa
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	5:30am Power Wave— Dawn <small>KEYFOB MEMBER EXCLUSIVE</small> 8:30am Shallow Aqua – John 9:30am Shallow Aqua - Darlene 9:30am Deep Aqua - John  6pm High Intensity Shallow - Kyle	7:00am High Intensity Shallow— Kyle 8:30am Deep Aqua – Jill 9:30am Shallow Aqua – Jill	5:30am Power Wave - James <small>KEYFOB MEMBER EXCLUSIVE</small> 7:30am Shallow Aqua –Kylene 8:30am Shallow Aqua –Kylene  5pm All Levels Yoga - Melissa 6pm High Intensity Shallow - Melissa	7:00am High Intensity Shallow — Kylene 8:30am Deep Aqua – Barbara 9:30am Shallow Aqua – Barbara	5:30am Power Wave— Dawn <small>KEYFOB MEMBER EXCLUSIVE</small> 8:30am Shallow Aqua – John 9:30am Shallow Aqua – John	8:30am Shallow Aqua – Melissa
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	5:30am Power Wave— Jimmy <small>KEYFOB MEMBER EXCLUSIVE</small> 8:30am Shallow Aqua – John 9:30am Shallow Aqua - Darlene 9:30am Deep Aqua - John  6pm High Intensity Shallow - Kyle	7:00am High Intensity Shallow— Kyle 8:30am Deep Aqua – Jill 9:30am Shallow Aqua – Jill	5:30am Power Wave - Jimmy <small>KEYFOB MEMBER EXCLUSIVE</small> 7:30am Shallow Aqua –Kylene 8:30am Shallow Aqua –Kylene  5pm All Levels Yoga - Melissa 6pm High Intensity Shallow - Melissa	7:00am High Intensity Shallow — Barbara 8:30am Deep Aqua – Barbara 9:30am Shallow Aqua – Barbara	5:30am Power Wave— Jimmy <small>KEYFOB MEMBER EXCLUSIVE</small> 8:30am Shallow Aqua – John 9:30am Shallow Aqua – John  	8:30am Shallow Aqua – Melissa
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	5:30am Power Wave— Dawn <small>KEYFOB MEMBER EXCLUSIVE</small> 8:30am Shallow Aqua – John 9:30am Shallow Aqua - Darlene 9:30am Deep Aqua - John  6pm High Intensity Shallow - Kyle	7:00am High Intensity Shallow— Kyle 8:30am Deep Aqua – Jill 9:30am Shallow Aqua – Jill	5:30am Power Wave - James <small>KEYFOB MEMBER EXCLUSIVE</small> 7:30am Shallow Aqua –Kylene 8:30am Shallow Aqua –Kylene  5pm All Levels Yoga - Melissa 6pm High Intensity Shallow - Melissa	<b>CLOSED FOR FACILITY MAINTENANCE</b>	5:30am Power Wave— Dawn <small>KEYFOB MEMBER EXCLUSIVE</small> 8:30am Shallow Aqua – John 9:30am Shallow Aqua – John	8:30am Shallow Aqua – Melissa
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	5:30am Power Wave— Dawn <small>KEYFOB MEMBER EXCLUSIVE</small> 8:30am Shallow Aqua – John 9:30am Shallow Aqua - Darlene 9:30am Deep Aqua - John  6pm High Intensity Shallow - Kyle	7:00am High Intensity Shallow — Dawn 8:30am Deep Aqua – Jill 9:30am Shallow Aqua – Jill	5:30am Power Wave - James <small>KEYFOB MEMBER EXCLUSIVE</small> 7:30am Shallow Aqua –Kylene 8:30am Shallow Aqua –Kylene  5pm All Levels Yoga - Melissa 6pm High Intensity Shallow - Melissa	7:00am High Intensity Shallow— Dawn 8:30am Deep Aqua – Barbara 9:30am Shallow Aqua – Barbara	5:30am Power Wave— Dawn <small>KEYFOB MEMBER EXCLUSIVE</small> 8:30am Shallow Aqua – John 9:30am Shallow Aqua – John	

## 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, Melissa, James, Kylene, Barbara, Darlene

### 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

### Power Wave -50 MIN.

KEYFOB MEMBER EXCLUSIVE

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

### NEW! ALL LEVELS YOGA -50 MIN.

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

### 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, Melissa, Dawn

### \*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