

MARCH 2024

FITNESS SCHEDULE



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

1
5:30am High Intensity Shallow—Dawn
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua – Kylene
9:30am Shallow Aqua – John

2
8:30am Shallow Aqua – Kylene

3

4
5:30am High Intensity Shallow—Dawn
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua – John
9:30am Shallow Aqua - Darlene
9:30am Deep Aqua - John

6pm High Intensity Shallow - James

5
7:00am High Intensity Shallow—Dawn
8:30am Deep Aqua – Jill
9:30am Shallow Aqua – Jill
NEW!
6:00pm Deep Aqua – Jill

6
5:30am High Intensity Shallow - James
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua –Barbara
9:30am Shallow Aqua –Barbara

6pm High Intensity Shallow - Kylene

7
7:00am Shallow Aqua—Dawn
8:30am Deep Aqua – Barbara
9:30am Shallow Aqua – Barbara

8
5:30am High Intensity Shallow — Dawn
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua – John
9:30am Shallow Aqua – John

9
8:30am Shallow Aqua – Kylene

10

11
5:30am High Intensity Shallow — Dawn
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua – John
9:30am Shallow Aqua - John

6pm High Intensity Shallow - Kylene

12
7:00am High Intensity Shallow—Dawn
8:30am Deep Aqua – John
9:30am Shallow Aqua – John
NEW!
6:00pm Deep Aqua – Dawn

13
5:30am High Intensity Shallow - James
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua –Kylene
9:30am Shallow Aqua –Barbara

6pm High Intensity Shallow - Kylene

14
7:00am High Intensity Shallow—Dawn
8:30am Deep Aqua – Darlene
9:30am Shallow Aqua – Darlene

15
5:30am High Intensity Shallow—Dawn
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua –Darlene
9:30am Shallow Aqua –Darlene

16
8:30am Shallow Aqua – Darlene

17

18
5:30am High Intensity Shallow — Dawn
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua – John
9:30am Shallow Aqua - Darlene
9:30am Deep Aqua - John

6pm High Intensity Shallow - Jill

19
7:00am High Intensity Shallow—Dawn
8:30am Deep Aqua – Jill
9:30am Shallow Aqua – Jill
NEW!
6:00pm Deep Aqua – Jill

20
5:30am High Intensity Shallow - James
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua –Barbara
9:30am Shallow Aqua –Barbara

6pm High Intensity Shallow - James

21
7:00am High Intensity Shallow—Dawn
8:30am Deep Aqua – Darlene
9:30am Shallow Aqua – Darlene

22
5:30am High Intensity Shallow — Dawn
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua – John
9:30am Shallow Aqua – John

23
8:30am Shallow Aqua – Barbara

24

25
5:30am High Intensity Shallow — Dawn
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua – Darlene
9:30am Shallow Aqua - Barbara
9:30am Deep Aqua - Darlene

6pm High Intensity Shallow - Kylene

26
7:00am High Intensity Shallow—Dawn
8:30am Deep Aqua – Jill
9:30am Shallow Aqua – Jill
NEW!
6:00pm Deep Aqua – Jill

27
5:30am High Intensity Shallow - James
KEYFOB MEMBER EXCLUSIVE
8:30am Shallow Aqua –Barbara
9:30am Shallow Aqua –Barbara

6pm High Intensity Shallow - James

28
7:00am Shallow Aqua—Dawn
8:30am Deep Aqua – John
9:30am Shallow Aqua – John

29
5:30am High Intensity Shallow—Dawn
8:30am Shallow Aqua - Darlene
9:30am Shallow Aqua - Darlene

30
CLOSED
Happy Easter!

31
Closed
Easter
Sunday

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