

JANUARY 2025

FITNESS SCHEDULE



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

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, Kyleene, Barbara, Darlene, Jill

High Intensity Shallow Aqua -50 MIN.

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

Instructors: Dawn, John, Alyssa, Melissa, Jimmy, James, Kyleene, 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