

NOVEMBER 2021



SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
	1 8:30am Shallow Aqua – Lillian 9:30am Deep Aqua – Diane 9:30am Shallow Aqua – Lillian 6pm High Intensity Shallow - Jamie	2 5:30am Power Wave— Dawn 9:30am Shallow Aqua – Lillian	3 8:30am Shallow Aqua –Jill 9:30am Deep Aqua – Jill 9:30am Shallow Aqua –Diane 6pm High Intensity Shallow - Tess	4 5:30am Power Wave— Jimmy 9:30am Shallow Aqua – Tess	5 5:30am Power Wave— Dawn 8:30am Shallow Aqua – Lillian 9:30am Deep Aqua – Jill 9:30am Shallow Aqua – Lillian	6 8:30am Shallow Aqua – Melissa
7	8 8:30am Shallow Aqua – Jill 9:30am Deep Aqua – Jill 9:30am Shallow Aqua – Tess 6pm High Intensity Shallow - Jamie	9 5:30am Power Wave— Dawn 9:30am Shallow Aqua – Lillian	10 8:30am Shallow Aqua –Jill 9:30am Deep Aqua – Jill 9:30am Shallow Aqua –Diane 6pm High Intensity Shallow - Tess	11 5:30am Power Wave— Jimmy 9:30am Shallow Aqua – Tess	12 5:30am Power Wave— Dawn 8:30am Shallow Aqua – Lillian 9:30am Deep Aqua – Jill 9:30am Shallow Aqua – Lillian	13 8:30am Shallow Aqua – Melissa
14	15 8:30am Shallow Aqua – John 9:30am Deep Aqua – Diane 9:30am Shallow Aqua – John 6pm High Intensity Shallow - Jamie	16 5:30am Power Wave— Dawn 9:30am Shallow Aqua – Lillian	17 8:30am Shallow Aqua –Tess 9:30am Deep Aqua – Tess 9:30am Shallow Aqua – Diane 6pm High Intensity Shallow - Jill	18 5:30am Power Wave— Jimmy 9:30am Shallow Aqua – Tess	19 5:30am Power Wave— Dawn 8:30am Shallow Aqua – Lillian 9:30am Deep Aqua – Jill 9:30am Shallow Aqua – Lillian	20 8:30am Shallow Aqua – Melissa
21	22 8:30am Shallow Aqua – John 9:30am Deep Aqua – Jill 9:30am Shallow Aqua – John 6pm High Intensity Shallow - Jamie	23 5:30am Power Wave— Dawn 9:30am Shallow Aqua –Lillian	24 8:30am Shallow Aqua – John 9:30am Shallow Aqua –John 9:30am Deep Aqua – Diane 6pm High Intensity Shallow - Jill	25 CLOSED HAPPY THANKSGIVING!	26 CLOSED HAPPY THANKSGIVING!	27 NO CLASS TODAY. HAPPY THANKSGIVING!
28	29 8:30am Shallow Aqua – John 9:30am Deep Aqua – Diane 9:30am Shallow Aqua – John 6pm High Intensity Shallow - Jamie	30 5:30am Power Wave— Dawn 9:30am Shallow Aqua – Lillian				

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. Once class has ended members should immediately exit the aerobic area at the direction of instructors. No loitering is allowed in the aerobic area after class. 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: Josh, Jill, Dawn, John, Darlene, Lillian, Melissa

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: Josh, Dawn, John, Darlene, Alyssa, Melissa, Jimmy

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

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: Josh, 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