



SwimRVA Wellness
 Collegiate School Aquatics Center
 5050 Ridgedale Parkway, N. Chesterfield, VA 23234
 804-271-8271 www.swimrichmond.org

NOVEMBER LAND CLASSES

MONDAY

8:00- 8:45A PILATES– LAWRENCE CR
 9:00- 9:45A BANDS– RENEE WR
 9:00- 9:45A CHAIR YOGA– LINDA* CR
 10:00-10:45A CORE BLAST-KIMI CR
 11:00-11:45A YOGA - KIMI* CR
 12:15- 1:00P CLASSIC CHAIR-ROSE * CR
 7:00- 7:45P BOOT CAMP- LAWRENCE CR

TUESDAY

9:15-10:00A ZUMBA GOLD-ROSE CR
 10:00-10:45A POWER PUMP-LAWRENCE WR
 10:00-10:45A INTERMEDIATE LINE DANCING-RENEE CR
 11:15-12:00P CLASSIC CHAIR-ROSE * CR
 12:15- 1:00P CARDIO-ROSE * CR
 7:00– 7:45P CARDIO KICKBOXING–LAWRENCE CR

WEDNESDAY

8:00- 8:45A PILATES– LAWRENCE CR
 9:00- 9:45A BANDS– TARA WR
 10:00-10:45A CORE BLAST-TARA CR
 11:00-11:45A YOGA- TARA* CR
 6:45– 7:30P POWER PUMP– LAWRENCE WR

THURSDAY

9:15-10:00A ZUMBA GOLD-ROSE CR
 10:00-10:45A POWER PUMP-LAWRENCE WR
 10:00-10:45A BEGINNER LINE DANCING –RENEE CR
 11:00-11:45A CLASSIC CHAIR-ROSE/LAWRENCE* CR
 7:00- 8:00P RUNNING UNIVERSITY PILATES-
 LAWRENCE CR

FRIDAY

8:00- 8:45A STRETCHING-LAWRENCE CR
 9:00- 9:45A BANDS- STEPHANIE WR
 10:00-10:45A FUNK AEROBICS-LAWRENCE CR
 11:15-12:00P CLASSIC CHAIR-ROSE * CR
 12:15- 1:00P CARDIO-ROSE * CR

Wednesday evening Zumba and Aqua Zumba will be off the schedule until further notice. Be sure to check out the replacement 7pm Aquacise class!

SPECIAL CLASS SCHEDULE FOR FRIDAY, NOVEMBER 23

11:15-12:00P CLASSIC CHAIR-ROSE* CR
 11:15-12:00P AQUACISE (SHALLOW) - LAWRENCE
 12:15- 1:00P ZUMBA GOLD-ROSE CR
 12:15- 1:00P AQUACISE (DEEP) - LAWRENCE

*SILVER SNEAKER/LOW IMPACT**
 AF– ARTHRITIS FOUNDATION
 CR-COMMUNITY ROOM
 DW– DEEP WATER
 PD-POOL DECK
 WR– WEIGHT ROOM

NOVEMBER WATER CLASSES

MONDAY

7:00- 7:45A AQUACISE– LAWRENCE
 8:00- 8:45A AF & MORE-JUDY *
 8:45- 9:30A SILVER SPLASH-LAWRENCE
 9:00- 9:45A AQUA BODY BLAST-JANE/RENEE DW
 10:00-10:45A AQUA BOOT CAMP-LAWRENCE DW
 11:00-11:45A AQUACISE-LAWRENCE DW
 6:00- 6:45P AQUA BOOT CAMP- RENEE DW
 7:00- 7:45P H2O FIT– CAMI

TUESDAY

6:00- 6:45A RUNNING UNIVERSITY-AQUA
 RUNNING- RENEE-DW
 6:45- 7:30A RUNNING UNIVERSITY-AQUA
 RUNNING– RENEE DW
 7:00- 7:45A AQUACISE-LAWRENCE
 8:00- 8:45A AF & MORE-JANE *
 8:45- 9:30A H2O FIT-JANE
 9:00- 9:45A FINNING-LAWRENCE DW
 12:30– 1:30P AQUA 30/30- LAWRENCE DW
 6:00- 7:00P RUNNING UNIVERSITY AQUA
 RUNNING– SARAH DW
 7:30- 8:00P AQUACISE EXTREME– SARAH

WEDNESDAY

7:00- 7:45A AQUACISE– LAWRENCE
 8:00 - 8:45A AF & MORE-JANE *
 8:45- 9:30A AQUACISE-LAWRENCE
 9:00- 9:45A AQUA FUN– JANE DW
 10:00-10:45A AQUA BODY BLAST-LAWRENCE DW
 11:00-11:45A AQUACISE– LAWRENCE DW
 12:45- 1:30P AF & MORE- JUDY*
 6:00- 6:45P ZERO IMPACT– RENEE DW
 7:00- 7:45P AQUACISE- RENEE

THURSDAY

6:00- 6:45A RUNNING UNIVERSITY AQUA
 RUNNING-SARAH DW
 6:45- 7:30A RUNNING UNIVERSITY AQUA
 RUNNING-SARAH DW
 7:00- 7:45A AQUACISE– LAWRENCE
 8:00- 8:45A AF & MORE-JANE*
 8:45- 9:30A H2O FIT-JANE
 9:00- 9:45A FINNING-LAWRENCE DW
 9:45-10:30A AQUA FUN-JANE DW
 12:30– 1:30P AQUA 30/30- LAWRENCE DW
 6:00- 7:00P RUNNING UNIVERSITY AQUA
 RUNNING– KIKI DW
 7:30- 8:00P AQUACISE EXTREME– KIKI

FRIDAY

7:00- 7:45A AQUACISE-LAWRENCE
 8:00- 8:45A AF & MORE-JUDY *
 8:45- 9:30A AQUACISE- LAWRENCE
 10:00-10:45A AQUA BODY BLAST– RENEE DW
 11:00-11:45A AQUACISE-LAWRENCE DW

ZONES

Zone 1- You are able to have a conversation with someone

Zone 2- A little harder to have a conversation

Zone 3- You are working hard and breathing hard

Zone 4- Extremely hard, you are never at this intensity for more than 20 seconds at a time

The class descriptions below list the maximum zone for each class. It does not mean you will be in this zone all class.

WATER CLASS DESCRIPTIONS

Arthritis Foundation (AF) & More– Shallow water exercise program proven to help you live better with arthritis. Suitable for every fitness level. Reduce pain and stiffness while increasing strength, flexibility and endurance. Zone = 1

Aqua 30/30- A medium to intense class similar to Aquacise that will start in the shallow water for 30 minutes and then move over to the deep water for 30 minutes (or reversed). A great class for those that want to transition over to the Deep Water. Zone = 3

Aqua Body Blast– Challenging deep water whole body workout to help improve strength, definition and endurance. Zone = 4

Aqua Boot Camp– High intensity deep water class that is designed to challenge any age and fitness level! Offers both cardio and toning components while using a variety of equipment. Zone = 4

Aquacise– A low to medium impact shallow water class promoting joint flexibility, range of motion and agility while building cardiovascular endurance and muscular strength. Zone = 3 * * T h i s c l a s s i s a l s o p e r f o r m e d i n t h e D e e p W a t e r * *

Aquacise Extreme- 30 minutes of challenging nonstop cardio and strength training bound to make you sweat! Zone = 4

Aqua Fun– Introductory deep water class. Great muscular strength, endurance, and cardiovascular workout. Zone = 2

Aqua Running– Deep water class for all levels consisting of running motions and training to help build muscle strength and endurance. Great for runners or those just looking for an excellent cardiovascular and strengthening workout. Zone = 4

Aqua Zumba– Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. This class will help sculpt and tone your body! Zone = 3

Finning– High energy, very aerobic class in the deep water using flippers for extra resistance. Zone = 3

H2O Fit– Great class to increase joint range of motion while increasing cardiovascular health and muscular strength. Targets a wide range of levels including the beginner and the pre & post natal mom. Zone = 3

Silver Splash– Shallow water class, lots of fun and will improve agility, flexibility and cardiovascular endurance. Zone = 3

Zero Impact– Intermediate to advanced deep water workout to improve muscular strength and endurance. Zone = 3

LAND CLASS DESCRIPTIONS

Bands- Resistance bands workout for strength training without joint compression. Great core workout while strengthening legs and upper body. Zone = 3

Beginner Line Dancing- Lots of energy, fun, great music, learn all classic line dances. Zone = 1

Boot Camp- Challenging class that uses body weight exercises, weights, and the bands on the wall to tone muscle while also working on cardiovascular fitness. Improves strength and flexibility as well as reduces risk for injury.

Cardio- Standing circuit workout for cardiovascular and muscular endurance power boost. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. Chair used for standing support, stretching and relaxation exercises. Zone = 2

Cardio Kickboxing - A high energy, explosive, exciting and motivating workout. It's the non-contact kickboxing workout that blends elements of boxing, martial arts, and traditional aerobics into a 45 minute exercise routine. This class will increase your strength and flexibility while burning fat. Open to all levels of fitness. Zone = 4

Chair Yoga– Great class to receive the incredible benefits of Yoga-balance, strengthening, flexibility, & relaxation, but while using a chair instead of a mat on the floor. Zone = 1

Classic Chair- Move to the music for muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and a Silver Sneakers ball for resistance. Chairs available for seated or standing support. Zone = 1

Core Blast- Focus on core strength, balance, and flexibility by performing abdominal and back exercises standing up and on floor mats. Zone = 3

Funk Aerobics- Great strength and aerobic workout while having fun listening to awesome music. Zone = 3

Intermediate Line Dancing– Advance your fun line dancing routine with quicker and more challenging footwork. Zone = 2

Pilates– Improve physical strength, flexibility, and posture, and enhance mental awareness. Zone = 2

Power Pump- Total body strength workout including flexibility and balance exercises. Increase range of motion, strength and overall functionality in daily activities. Supports a healthy metabolism and reduces age-related muscle and bone loss. Zone = 3

Stretching– Calming class designed to focus on an active recovery and to relax those muscles you work so hard. Zone = 1

Yoga- A series of gentle poses that improves flexibility, strengthens the immune system, tones muscles and promotes relaxation. Revitalize and calm the mind and body. Zone = 1

Zumba– Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance for a total workout!

Zumba Gold- Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Zone = 3

Revised 10/22/18