



SwimRVA Wellness

Collegiate School Aquatics Center

5050 Ridgedale Parkway, N. Chesterfield, VA 23234

804-271-8271 www.swimrichmond.org

JULY LAND CLASSES

MONDAY

8:00- 8:45A PILATES- LAWRENCE CR
9:00- 9:45A BANDS-CHASE WR
10:00-10:45A CORE BLAST-KIMI CR
11:00-11:45A YOGA - KIMI* CR
12:15- 1:00P CLASSIC CHAIR-ROSE * CR
5:00- 5:45P BUTTS & GUTS -CHASE CR

TUESDAY

8:15- 9:00A ZUMBA GOLD TONING-ROSE * CR
9:15-10:00A ZUMBA GOLD-ROSE CR
10:00-10:45A POWER PUMP-LAWRENCE WR
10:00-10:45A LINE DANCING-RENEE CR
11:15-12:00P CLASSIC CHAIR-ROSE * CR
12:15- 1:00P CARDIO-ROSE * CR
5:00- 5:45P BANDS-CHASE PD
7:00- 7:45P CARDIO KICKBOXING-LAWRENCE CR

WEDNESDAY

8:00- 8:45A PILATES- LAWRENCE CR
9:00- 9:45A BANDS-CHASE WR
10:00-10:45A CORE BLAST-TARA CR
11:00-11:45A YOGA- TARA* CR

THURSDAY

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

FRIDAY

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

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

JULY 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-RENEE DW
10:00-10:45A AQUA BOOT CAMP-CHASE DW
11:00-11:45A AQUACISE-LAWRENCE DW
6:00- 6:45P AQUA BOOT CAMP-CHASE DW

TUESDAY

6:00- 6:45A RUNNING UNIVERSITY-AQUA
RUNNING-CHASE DW
6:45- 7:30A RUNNING UNIVERSITY-AQUA
RUNNING-CHASE 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-CHASE DW
12:30- 1:15P AQUACISE- LAWRENCE DW
6:00- 7:00P RUNNING UNIVERSITY AQUA
RUNNING-CHASE DW
7:30- 8:00P AQUACISE EXTREME- CHASE

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-CHASE DW
11:00-11:45A AQUACISE-LAWRENCE DW
6:00- 6:45P ZERO IMPACT- SUE ANN DW
7:00- 7:45P AQUA ZUMBA- SUE ANN

THURSDAY

6:00- 6:45A RUNNING UNIVERSITY AQUA
RUNNING-CHASE DW
6:45- 7:30A RUNNING UNIVERSITY AQUA
RUNNING-CHASE DW
7:00- 7:45A AQUACISE- LAWRENCE
8:00- 8:45A AF & MORE-JANE/JUDY *
8:45- 9:30A H2O FIT-JANE
9:00- 9:45A FINNING-CHASE DW
9:45-10:30A AQUA FUN-JANE DW
12:30- 1:15P AQUACISE-CHASE DW
6:00- 7:00P RUNNING UNIVERSITY AQUA
RUNNING-CHASE DW
7:30- 8:00P AQUACISE EXTREME- CHASE

FRIDAY

7:00- 7:45A AQUACISE-CHASE
8:00- 8:45A AF & MORE-JUDY *
8:45- 9:30A AQUACISE-LAWRENCE
10:00-10:45A AQUA BODY BLAST-CHASE DW
11:00-11:45A AQUACISE-CHASE 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 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 **This class is also performed in the Deep Water**

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. 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 using fins. 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

Butts & Guts– High intensity class focusing on strengthening and toning the abdominal and glute muscles. Zone = 4

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

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

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

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 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

Zumba Gold Toning- Those who want to party, but put extra emphasis on toning and sculpting to define those muscles with light weights! Zone = 3