



SwimRVA Wellness

Collegiate School Aquatics Center

5050 Ridgedale Parkway, N. Chesterfield, VA 23234

804-271-8271 www.swimrichmond.org

## MARCH LAND CLASSES

### MONDAY

8:00- 8:45A PILATES- LAWRENCE CR  
 9:00- 9:45A BANDS- DEIDRE WR  
 10:00-10:45A CORE BLAST-KIMI CR  
 11:00-11:45A YOGA - KIMI\* CR  
 12:15- 1:00P CLASSIC CHAIR-ROSE \* 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  
 6:00- 6:45P YOGA- TREFF\* CR  
 7:00- 7:45P CARDIO KICKBOXING-LAWRENCE CR

### WEDNESDAY

8:00- 8:45A PILATES- LAWRENCE CR  
 9:00- 9:45A CHAIR YOGA- LINDA\* 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-RENEE WR  
 10:00-10:45A FUNK AEROBICS-LAWRENCE CR  
 11:15-12:00P CLASSIC CHAIR-ROSE \* CR  
 12:15- 1:00P CARDIO-ROSE \* CR

Zumba Gold Toning at 8:15am  
 on Tuesdays is currently off the  
 schedule

Classes on Sunday, March 11 for our Open House:

Core Blast- Tara: 2:00pm- 2:30pm

Shallow Water Combo- Lawrence: 2:00pm-2:30pm

Deep Water Combo- Lawrence: 2:45pm-3:15pm

Zumba-Rose: 2:45pm-3:15pm

Please join us and bring a guest for free!

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

Revised 2/22/18

## MARCH 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-LAWRENCE DW  
 11:00-11:45A AQUACISE-LAWRENCE DW  
 6:00- 6:45P AQUA BOOT CAMP-KHALAH DW  
 7:00- 7:45P H2O FIT- KHALAH

### 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 SW/DW  
 6:00- 7:00P RUNNING UNIVERSITY AQUA  
 RUNNING- RENEE DW  
 7:30- 8:00P AQUACISE EXTREME- RENEE

### WEDNESDAY

7:00- 7:45A AQUACISE- LAWRENCE  
 7:45- 8:30A AF & MORE-JANE \*  
 8:30- 9:15A AQUACISE-JANE  
 9:00- 9:45A AQUA FUN- LAWRENCE 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

### THURSDAY

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  
 9:45-10:30A AQUA FUN-JANE DW  
 12:30- 1:30P AQUA 30/30-LAWRENCE SW/DW  
 6:00- 7:00P RUNNING UNIVERSITY AQUA  
 RUNNING- RENEE DW  
 7:30- 8:00P AQUACISE EXTREME- RENEE

### 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. 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 \*\*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

**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

**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 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