



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 FUNK AEROBICS- LAWRENCE/ROSE CR
- 9:00- 9:45A BANDS- ROSE 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/CHASE CR

TUESDAY

- 8:15- 9:00A TAI CHI- KAREN * CR
- 9:15-10:00A ZUMBA GOLD-ROSE CR
- 10:00-10:45A POWER PUMP-LAWRENCE/ROSE WR
- 10:00-10:45A INTERMEDIATE LINE DANCING-PAULINE CR
- 11:15-12:00P CLASSIC CHAIR-ROSE * CR
- 12:15- 1:00P CARDIO-ROSE * CR
- 7:00- 7:45P CARDIO KICKBOXING- LAWRENCE/CHASE CR

WEDNESDAY

- 8:00- 8:45A PILATES- LAWRENCE/TARA CR
- 9:00- 9:45A BANDS- TARA WR
- 10:00-10:45A CORE BLAST-TARA CR
- 11:00-12:00P YOGA- TARA CR
- 5:00- 5:45P ZUMBA GOLD- ROSE CR
- 7:00- 7:45P POWER PUMP- LAWRENCE/CHASE WR

THURSDAY

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

FRIDAY

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

Line Dancing is cancelled on Tuesday, Nov 5

Special Class Schedule for Friday, November 29 (open 10am-5pm):

- 10:00am-10:45am: FUNK AEROBICS
- 11:00am-11:45am: AF & MORE SW
- 11:00am-11:45am: AQUACISE DW
- 12:00pm-12:45pm: AQUACISE SW

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

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

WEDNESDAY

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

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

FRIDAY

- 7:00- 7:45A AQUACISE-LAWRENCE/JANE
- 8:00- 8:45A AF & MORE-JUDY *
- 8:45- 9:30A AQUACISE- LAWRENCE/JANE
- 10:00-10:45A AQUA BODY BLAST- ROSE/CAMI DW
- 11:00-11:45A AQUACISE-LAWRENCE/CAMI DW

POP-UP CLASSES!

Tuesday, November 5: AQUA ZUMBA (SW) - 10:15-11:00AM

Saturday, November 23: AQUA ZUMBA (SW) - 11:30AM-12:15PM

Month at a Glance for November 2019

1. Stay tuned for daily inspiring quotes in your classes!
2. Have you set up your FREE wellness consultation with our Wellness Manager? Renee would love the opportunity to sit down with you and go over your fitness goals and help you find the best fitness classes for your wellness success! See our Front Desk staff to schedule your appointment today!
3. Remember to check the pool schedule for pool availability for lap lanes and family swim time.
www.swimrichmond.org

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Facility Closed NOVA S. Meet
3 Facility Closed NOVA S. Meet	4	5 Land classes in weight room. Line Dancing Cancelled	6	7	8	9 Facility Closed WAC Meet
10 Facility Closed WAC Meet	11	12	13	14	15	16 Facility Closed BASS Meet
17 Facility Closed BASS Meet	18	19	20	21	22 Coffee & Community 8am-12pm Lobby	23 Facility Partial Open 10am-5pm Aqua Zumba @ 11:30am
24 Facility Partial Open 12-5pm *look on website*	25	26	27	28 Facility Closed Happy Thanksgiving!	29 Facility Open 10am-5pm *Special Class Schedule*	30 Facility Open 10am-5pm