



SwimRVA Wellness

Collegiate School Aquatics Center

5050 Ridgedale Parkway, N. Chesterfield, VA 23234

804-271-8271 www.swimrichmond.org

JANUARY LAND CLASSES

MONDAY

8:00- 8:45A FUNK AEROBICS- LAWRENCE 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 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 WR
10:00-10:45A INTERMEDIATE LINE DANCING-PAULINE CR
11:15-12:00P CLASSIC CHAIR-ROSE * CR
12:15- 1:00P CARDIO STRENGTH-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
11:00-12:00P YOGA- TARA CR
5:00- 5:45P ZUMBA GOLD- ROSE CR
7:00- 7:45P 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 -PAULINE CR
11:00-11:45A CLASSIC CHAIR-ROSE* CR
7:00- 8:00P RUNNING UNIVERSITY PILATES-
LAWRENCE CR

FRIDAY

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

JANUARY WATER CLASSES

MONDAY

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

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

WEDNESDAY

7:00- 7:45A AQUACISE- LAWRENCE SW
8:00 - 8:45A AF & MORE-JANE * SW
8:45- 9:30A AQUACISE-LAWRENCE SW
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 SW
6:00- 6:45P ZERO IMPACT- ROSE DW
7:00- 7:45P AQUACISE- ROSE SW

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

FRIDAY

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

Check out our new Tai Chi class for beginners! The class will be held at 8:00am on Fridays in the weight room.

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

POP-UP CLASSES!

Saturday, January 11: AQUA ZUMBA (SW) – 11:30AM-12:15PM
Sunday, January 12: AQUA ZUMBA (SW) – 1:30PM-2:15PM

Month at a Glance for January 2020

1. Stay tuned for tips on how to keep up with your new year's resolutions this month!
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

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Facility Closed Happy New Year!	2	3 Facility Closes @ 5pm	4 Facility Open 10am-5pm
5 Facility Open 12-5pm	6	7	8	9	10	11 Facility Open 10am-5pm Aqua Zumba @ 11:30am
12 Facility Open 12-5pm Aqua Zumba @ 1:30pm	13	14	15	16	17	18 Facility Closed NOVA Meet
19 Facility Closed NOVA Meet	20 Facility Closed NOVA Meet	21	22	23	24	25 Facility Closed WAC Meet
26 Facility Closed WAC Meet	27	28	29	30	31 Coffee & Community 8am-12pm Lobby	