

Wellness Class Schedule

July 1 - 16, 2021



| | Community Room Land Classes | | Shallow H2O | | Deep H2O | |
|---|-----------------------------|------------------------------|---------------|--------------------------|---------------|----------------------------|
| MONDAY | 8:00-8:45am | Funk Aerobics - Lawrence | 7:00-7:45am | Aquacise - Lawrence | 10:00-10:45am | Aqua Boot Camp - Lawrence |
| | 9:00-9:45am | HI-Low - Kimi | 8:00-8:45am | AF&More - Judy | 11:00-11:45am | Aquacise - Rose |
| | 10:00-10:45am | Core Blast - Kimi | 8:45-9:30am | Silver Splash - Lawrence | | |
| | 11:00-11:45am | Yoga - Kimi | 7:15-8:00pm | H2O Fit - Lawrence | | |
| | 12:15-1:00pm | Classic Chair - Rose | | | | |
| | 5:30-6:15pm | HIIT Circuit - Kimi | | | 6:00-6:45pm | Aqua Boot Camp - Rose |
| | 6:30-7:15pm | Stretching - Kimi | | | | |
| TUESDAY | 9:15-10:00am | Zumba Gold - Rose | 7:00-7:45am | Aquacise - Lawrence | 6:15-7:00am | Running U - Rose |
| | ***10:00-10:45am | Power Pump - Lawrence*** | 8:00-8:45am | AF&More - Jane | 7:00-7:45am | Running U - Rose |
| | 10:15-11:00am | Interm. Line Dance - Pauline | 8:45-9:30am | H2O Fit - Jane | 9:00-9:45am | Finning - Lawrence |
| | 11:15am-12:00pm | Classic Chair - Rose | 12:00-12:45pm | Aquacise - Lawrence | | |
| | 12:15-1:00pm | Cardio Strength - Rose | | | | |
| | | | | | 6:00-7:00pm | Running U - Rose |
| WEDNESDAY | 8:00-8:45am | Zumba - Heather | 7:00-7:45am | Aquacise - Lawrence | 9:00-9:45am | Aqua Fun - Jane |
| | 9:00-9:45am | Strength & Balance - Heather | 8:00-8:45am | AF&More - Jane | 10:00-10:45am | Aqua Body Blast - Lawrence |
| | 10:00-10:45am | Core Blast - Heather | 8:45-9:30am | Aquacise - Lawrence | 11:00-11:45am | Aquacise - Rose |
| | 11:00am-11:45am | HIIT Circuit - Kimi | 12:00-12:45pm | AF&More - Judy | | |
| | 12:00-12:45pm | Stretching - Kimi | 7:15-8:00pm | Aquacise - Lawrence | 6:00-6:45pm | Zero Impact - Rose |
| | | | | | | |
| THURSDAY | 8:00-8:45am | Stretching - Lawrence | 7:00-7:45am | Aquacise - Lawrence | 6:15-7:00am | Running U - Rose |
| | 9:15-10:00am | Zumba Gold - Rose | 8:00-8:45am | AF&More - Jane | 7:00-7:45am | Running U - Rose |
| | ***10:00-10:45am | Power Pump - Lawrence*** | 8:45-9:30am | H2O Fit - Jane | 9:00-9:45am | Finning - Lawrence |
| | 10:15-11:00am | Beg. Line Dance - Pauline | 12:00-12:45pm | Aquacise - Lawrence | 9:45-10:30am | Aqua Fun - Jane |
| | 11:15am-12:00pm | Classic Chair - Rose | | | | |
| | 5:30-6:15pm | Boot Camp - Lawrence | | | | |
| | 6:30-7:15pm | Pilates - Lawrence | | | 6:00-7:00pm | Running U - Rose |
| FRIDAY | 8:00-8:45am | Stretching - Lawrence | 7:00-7:45am | Aquacise - Lawrence | 10:00-10:45am | Aqua Body Blast - Rose |
| | 10:00-10:45am | Core Blast - Lawrence | 8:00-8:45am | AF&More - Judy | 11:00-11:45am | Aquacise - Lawrence |
| | 11:15am-12:00pm | Classic Chair - Rose | 8:45-9:30am | Aquacise - Lawrence | | |
| | 12:15-1:00pm | Cardio Strength - Rose | | | | |
| ***Indicates class will be held outside or on the competition pool deck.*** | | | | | | |

Important Upcoming Dates

Tai Chi Pop Up Dates

8:00-8:45am Intermediate Tai Chi
9:00-9:45am Beginner Tai Chi
Both classes will be offered on each of the following dates:
Friday, July 2
Friday, July 9

Thursday, July 15

Competition Pool and Community Room Closed, ONLY Shallow Water Classes all day

Friday, July 16

All Regular Wellness Classes Cancelled for Swim Meet
Pop Up Class ONLY, all day:
2:00-2:45pm Pop Up Deep Water Aquacise

****Please see At-a-Glance Calendars for detailed July 19 - 30 Wellness Schedule****



Wellness Month-At-Glance: July 2021



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| | | | 1 | 2 Tai Chi Pop Ups 8:00am Intermediate 9:00am Beginner |
| 5 | 6 | 7 | 8 | 9 Tai Chi Pop Ups 8:00am Intermediate 9:00am Beginner |
| 12 | 13 | 14 | 15 Community Room and Comp. Pool Closed Shallow Water Only | 16 All Regular Classes Cancelled Pop Up Class 2-2:45pm |
| 19 SwimRVA Opening Late at 4pm Evening Classes Only | 20 SwimRVA Opening Late at 4pm Evening Classes Only | 21 SwimRVA Opening Late at 4pm Evening Classes Only | 22 All Regular Classes Cancelled Pop Up Class 2-2:45pm | 23 All Regular Classes Cancelled Pop Up Class 2-2:45pm |
| 26 SwimRVA Opening Late at 4pm Evening Classes Only | 27 SwimRVA Opening Late at 4pm Evening Classes Only | 28 Community Room and Comp. Pool Closed Shallow Water Only | 29 All Regular Classes Cancelled Pop Up Class 2-2:45pm | 30 All Regular Classes Cancelled Pop Up Class 2-2:45pm |

At-a-Glance: July 19 - 30, 2021



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| Between July 15 and August 7, SwimRVA will proudly host several weeks of Championship swim meets. During this time, facility use will be limited to the following schedule for Wellness Classes. For lap swim options, please check for the most recent update to our lap lane schedule, which can be found at www.swimrichmond.org . | | | | |
| 19 | 20 | 21 | 22 | 23 |
| <u>Evening Classes Only</u> - 5:30-6:15pm HIIT Circuit (Land) - 6:00-6:45pm Deep H2O Aqua Boot Camp - 6:30-7:15pm Stretching (Land) - 7:15-8:00pm Shallow H2O Fit | <u>Evening Classes Only</u> - 6:00-7:00pm Running University (Deep Water) | <u>Evening Classes Only</u> - 6:00-6:45pm Zero Impact (Deep Water) - 7:15-8:00pm Shallow H2O Fit | All Regular Classes Cancelled <u>Pop Up Class Only</u> - 2:00-2:45pm Deep H2O Aquacise | All Regular Classes Cancelled <u>Pop Up Class Only</u> - 2:00-2:45pm Deep H2O Aqua Body Blast |
| 26 | 27 | 28 | 29 | 30 |
| <u>Evening Classes Only</u> - 5:30-6:15pm HIIT Circuit (Land) - 6:00-6:45pm Deep H2O Aqua Boot Camp - 6:30-7:15pm Stretching (Land) - 7:15-8:00pm Shallow H2O Fit | <u>Evening Classes Only</u> - 6:00-7:00pm Running University (Deep Water) | <u>Shallow Water Only</u> - 7:00-7:45am Aquacise - 8:00-8:45am AF+More - 8:45-9:30am Aquacise - 12:00-12:45p AF+More - 7:15-8:00pm Aquacise | All Regular Classes Cancelled <u>Pop Up Class Only</u> - 2:00-2:45pm Deep H2O Aquacise | All Regular Classes Cancelled <u>Pop Up Class Only</u> - 2:00-2:45pm Deep H2O Aqua Body Blast |