Wellness Class Schedule

July 2022

	Community Room Land Classes		Shallow H2O		Deep H2O	
MONDAY	8:00-8:45am	Funky & Fit - 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 (BYO Mat)	8:45-9:30am	Silver Splash - Lawrence		
	11:00-11:45am	Yoga - Kimi (BYO Mat)	10:45-11:30am	Splashout - Atika		
	12:15-1:00pm	Classic Chair - Rose	11:30a-12:00p	Noodle Jam - Atika		
	5:30-6:15pm	HIIT Circuit - Kimi			6:00-6:45pm	Aqua Boot Camp - Rose
	6:30-7:15pm	Stretching - Kimi (BYO Mat)	7:15-8:00pm	H2O Fit - Lawrence		
TUESDAY	8:00-8:45am	Tai Chi Flow - Karen	7:00-7:45am	Aquacise - Lawrence	6:15-7:00am	Aqua Running - Rose
	9:15-10:00am	Zumba Gold - Rose	8:00-8:45am	AF&More - Jane	7:00-7:45am	Aqua Running- Rose
	***10:00-10:30am	Power Half-Hour - Lawrence***	8:45-9:30am	H2O Fit - Jane	9:00-9:45am	Finning - Lawrence
	10:15-11:00am	Interm. Line Dance - Pauline				
	11:15am-12:00pm	Classic Chair - Rose				
	12:15-1:00pm	Cardio Strength - Rose			6:00-7:00pm	Aqua Running - 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 (BYO Mat)	8:45-9:30am	Aquacise - Lawrence	11:00-11:45am	Aquacise - Rose
	11:00am-11:45am	HIIT Circuit - Kimi	11:30a-12:15p	AF&More - Judy		
	12:00-12:45pm	Stretching - Kimi (BYO Mat)				
			7:15-8:00pm	Aquacise - Lawrence	6:00-6:45pm	Zero Impact - Rose
THURSDAY	8:00-8:45am	Stretching - Lawrence (BYO Mat)	7:00-7:45am	Aquacise - Lawrence	6:15-7:00am	Aqua Running - Rose
	9:15-10:00am	Zumba Gold - Rose	8:00-8:45am	AF&More - Jane	7:00-7:45am	Aqua Running - Rose
	10:00-10:30am	Power Half-Hour - Lawrence***	8:45-9:30am	H2O Fit - Jane	9:00-9:45am	Finning - Lawrence
	10:15-11:00am	Beg. Line Dance - Pauline				
	11:15am-12:00pm	Classic Chair - Rose				
	5:30-6:15pm	Boot Camp - Lawrence				
	6:30-7:15pm	Pilates - Lawrence (BYO mat)			6:00-7:00pm	Aqua Running - Rose
FRIDAY	8:00-8:45am	Stretching - Lawrence (BYO Mat)	7:00-7:45am	Aquacise - Lawrence	10:00-10:45am	Aqua Body Blast - Rose
	9:00-9:45am	Tai Chi Forms- Karen	8:00-8:45am	AF&More - Judy	11:00-11:45am	Aquacise - Lawrence
	10:00-10:45am	Core Blast - Lawrence (BYO mat)	8:45-9:30am	Aquacise - Lawrence		
	11:15am-12:00pm	Classic Chair - Rose				
	12:15-1:00pm	Cardio Strength - Rose				

Please bring your own fitness mat to classes indicating "BYO Mat"

Indicates class will be held outside or on the competition pool deck.

Wellness Month-At-Glance: July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
4 ★★★★★★★★ **SwimRVA Closed for Independence Day** ★★★★★★★★	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25 **SwimRVA Closed for a Swim Meet**	26	27	**28** **SwimRVA Closed for a Swim Meet**	29