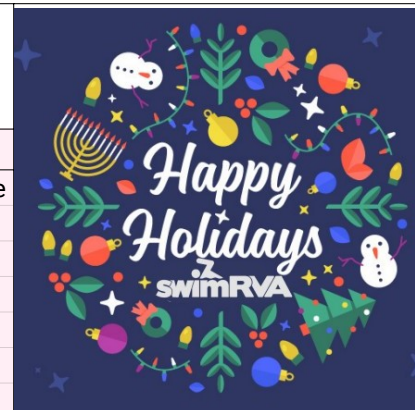


Wellness Class Schedule

December 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)				
	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 (BYO Mat)	7:15-8:00pm	H2O Fit - Lawrence		
TUESDAY	8:00-8:45am	Tai Chi Flow - Beverly	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
	10:00-10:45am	Power Pump - Lawrence***	8:45-9:30am	H2O Fit - Jane	9:00-9:45am	Finning - Lawrence
	10:15-11:00am	Interm. Line Dance - Pauline			10:00-10:45am	Aqua Body Blast - Cami
	11:15am-12:00pm	Classic Chair - Rose			6:15-7:15pm**	Aqua Running - Rose
	12:15-1:00pm	Cardio Strength - Rose			**switches to 6-7pm after December 15	
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	12:45-1:30pm	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
	10:00-10:45am	Power Pump - Lawrence***	8:45-9:30am	H2O Fit - Jane	9:00-9:45am	Finning - Lawrence
	10:15-11:00am	Beg. Line Dance - Pauline			10:00-10:45am	Aqua Body Blast - Cami
	11:15am-12:00pm	Classic Chair - Rose				
	3:30-4:15pm	Hi-Low - Atika <----- **New Class Offering**			6:15-7:15pm**	Aqua Running - Rose
4:30-5:15pm	Stretch/Foam Roll - Atika (BYO mat&roller) <----- **New Class Offering**			**switches to 6-7pm after December 15		
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				

Upcoming Events/Closures
SwimRVA Closed Friday 12/9
Shallow H2O Pop Ups with Atika
9:45am Aqua Tabata
10:30am Stretch and Tone
Both classes offered Wednesday 12/7 and Monday 12/12
Holiday Potluck Luncheon
Friday, December 16: 12:30-2:00pm
All Members and Guests Welcome
Please RSVP to front desk!
Class Time Change
AF&More on Wednesdays will change time to 11:30am-12:15pm on December 21 and 28
SwimRVA's New Year's Challenge
Saturday 12/31: 11am-2pm
How far will you swim to kick off the New Year? Sign upon our website!



Wellness Month-At-Glance: December 2022



Monday	Tuesday	Wednesday	Thursday	Friday
Save the Date! Join us on Saturday, December 31 11:00am-2:00pm for SwimRVA's annual New Year's Challenge. All people are welcome! Sign up at: https://runsignup.com/swimrva-newyearschallenge			1 Suzanne covering afternoon land classes	2
5	6 Debi covering Cami's 10am Deep Water Class	7 Pop ups with Atika 9:45am Aqua Tabata 10:30am Stretch&Tone	8	9 SwimRVA Closed for Swim Meet
12 Pop ups with Atika 9:45am Aqua Tabata 10:30am Stretch&Tone	13	14	15	16 Holiday Potluck Lunch 12:30-2:00pm RSVP to front desk
19	20 Evening Aqua Running returns to 6-7pm until January	21 AF&More moves to 11:30am-12:15pm	22 Evening Aqua Running returns to 6-7pm until January	23 Atika Covering Rose's Classes
26 Atika Covering Rose's Classes	27	28 AF&More moves to 11:30am-12:15pm	29	30