

Wellness Class Schedule

September 2023



	Community Room Land Classes		Shallow H2O		Deep H2O	
MONDAY	8:00-8:45am	Stretching - Lawrence (BYO Mat)	7:00-7:45am	Aquacise - Lawrence	10:00-10:45am	Aqua Boot Camp - Lawrence
	9:00-9:45am	Hi-Low - Atika (BYO Mat)	8:00-8:45am	AF&More - Judy	11:00-11:45am	Aquacise - Rose
	10:00-10:45am	Pilates - Atika (BYO Mat)	8:45-9:30am	Silver Splash - Lawrence		
	11:00-11:45am	HIIT Circuit - Lawrence				
	12:15-1:00pm	Classic Chair - Rose	7:15-8:00pm	H2O Fit - Lawrence	6:00-6:45pm	Aqua Boot Camp - Rose
TUESDAY	8:15-9:00am	Pilates - Atika (BYO Mat)	7:00-7:45am	Aquacise - Lawrence	6:45-7:45am	Aqua Running - Rose
	9:15-10:00am	Zumba Gold - Rose	8:00-8:45am	AF&More - Jane	9:00-9:45am	Finning - Lawrence
	10:15-11:00am	Interm. Line Dance - Pauline	8:45-9:30am	H2O Fit - Jane	10:00-10:45am	Aqua Body Blast - Lawrence
	11:15a-12:00pm	Classic Chair - Rose	9:30-10:15am	Splashout - Atika		
	12:15-1:00pm	Cardio Strength - Rose			6:00-6:45pm	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
	11:00-11:45am	Power Pump - Lawrence	1:00-1:45pm	AF&More - Judy		
	12:00-12:45pm	Gentle Yoga - Suzanne (BYO Mat)			6:00-6:45pm	Zero Impact - Rose
			7:15-8:00pm	Aquacise - Lawrence		
THURSDAY	8:00-8:45am	Aerobics - Lawrence	7:00-7:45am	Aquacise - Lawrence	6:45-7:45am	Aqua Running - Rose
	9:15-10:00am	Zumba Gold - Rose	8:00-8:45am	AF&More - Jane	9:00-9:45am	Finning - Lawrence
	10:15-11:00am	Beg. Line Dance - Pauline	8:45-9:30am	H2O Fit - Jane	10:00-10:45am	Aqua Body Blast - Lawrence
	11:15a-12:00pm	Classic Chair - Rose				
					6:00-6:45pm	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 (Yang 40 Form)- 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		
	11:15a-12:00pm	Classic Chair - Rose				
	12:15-1:00pm	Cardio Strength - Rose	Please bring your own fitness mat to classes indicating "BYO Mat"			

Announcements and Events

Class Schedule Changes (see highlighted classes left)

8:00am Monday Stretching
8:15am Tuesday Pilates
9:30am Tuesday Splashout
6:00pm Tues/Thurs Aqua Running
1:00pm Wednesday AF&More
8:00am Thursday Aerobics

**Please see At-A-Glance Calendar
for date specific changes.**

Wellness Film Screening Event

Thursday, September 21
12:30-2:00pm, Community Room

Light refreshments and movie
theater snacks provided. Please
RSVP to Front Desk.

Wellness Month-At-Glance: September 2023



Monday	Tuesday	Wednesday	Thursday	Friday
4 Labor Day SwimRVA Closed	5 Splashout with Atika returns weekly 9:30-10:15am PM Aqua Running is now 45 mins	6 Midday AF&More class time change: 1:00-1:45pm weekly	7 Funk Aerobics is back! 8:00-8:45am PM Aqua Running is now 45 mins	8
11 8:00-8:45am land class changes to Stretching weekly	12	13	14	15
18 Debi Moir covering 6:00pm Deep Water	19	20	21 Wellness Film Screening 12:30-2:00pm Community Room RSVP to front desk	22
25	26	27	28	29