

Wellness Class Schedule

April 2024



Fitness Zones Classes are categorized based on anticipated participant heart rate and exercise difficulty.

Zone 1	low heart rate, easy exercises	Zone 3	elevated heart rate, challenging
Zone 2	moderate heart rate and difficulty	Zone 4	high heart rate, most difficult

	Community Room Land Classes			Shallow H2O			Deep H2O		
	Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info
MONDAY	8:00 - 8:45am	zone 1	Stretch: Lawrence**	7:00 - 7:45am	zone 3	Aquacise: Lawrence	10:00 - 10:45am	zone 4	Deep Elite: Rose
	9:00 - 9:45am	zone 3	Strength: Rose	8:00 - 8:45am	zone 1	Gentle Aqua: Judy	11:00 - 11:45am	zone 3	Deep Fit: Rose
	10:00 - 10:45am	zone 3	Core: Lawrence**	8:45 - 9:30am	zone 3	Aqua Strength: Lawrence			
	11:00 - 11:45am	zone 4	Sculpt: Lawrence	7:15 - 8:00pm	zone 3	Aquacise: Lawrence	6:00 - 6:45pm	zone 3	Deep Fit: Rose
	12:15 - 1:00pm	zone 2	Classic Chair: Rose						
TUESDAY	8:15 - 9:00am	zone 2	Beginner Core: Kimi**	7:00 - 7:45am	zone 3	Aquacise: Lawrence	6:45 - 7:45am	zone 4	Aqua Running: Rose
	9:15 - 10:00am	zone 3	Zumba Gold: Rose	8:00 - 8:45am	zone 1	Gentle Aqua: Jane	9:00 - 9:45am	zone 3	Finning: Lawrence
	10:15 - 11:00am	zone 2	Line Dance: Pauline	8:45 - 9:30am	zone 2	Aqua Fit: Jane	10:00 - 10:45am	zone 4	Deep Elite: Lawrence
	11:15a - 12pm	zone 2	Classic Chair: Rose	9:30 - 10:15a	zone 3	Aqua Strength: Kimi	6:00 - 6:45pm	zone 4	Aqua Running: Rose
	12:15 - 1:00pm	zone 3	Strength: Rose						
WEDNESDAY	8:00 - 8:45am	zone 3	Zumba Gold: Heather	7:00 - 7:45am	zone 3	Aquacise: Lawrence	9:00 - 9:45am	zone 2	Deep Fun: Jane
	9:00 - 9:45am	zone 2	Balance: Heather	8:00 - 8:45am	zone 1	Gentle Aqua: Jane	10:00 - 10:45am	zone 4	Deep Elite: Lawrence
	10:00 - 10:45am	zone 3	Core: Heather**	8:45 - 9:30am	zone 3	Aqua Strength: Lawrence	11:00 - 11:45am	zone 3	Deep Fit: Rose
	11:00 - 11:45am	zone 4	Sculpt: Lawrence	1:00 - 1:45pm	zone 1	Gentle Aqua: Judy	6:00 - 6:45pm	zone 3	Deep Fit: Rose
	12:00 - 12:45pm	zone 1	Restore: Suzanne**	7:15 - 8:00pm	zone 3	Aquacise: Lawrence			
THURSDAY	8:15 - 9:00am	zone 2	Aerobic Dance: Pauline	7:00 - 7:45am	zone 3	Aquacise: Lawrence	6:45 - 7:45am	zone 4	Aqua Running: Rose
	9:15 - 10:00am	zone 3	Zumba Gold: Rose	8:00 - 8:45am	zone 1	Gentle Aqua: Jane	9:00 - 9:45am	zone 3	Finning: Lawrence
	10:15 - 11:00am	zone 2	Line Dance: Pauline	8:45 - 9:30am	zone 2	Aqua Fit: Jane	10:00 - 10:45am	zone 4	Deep Elite: Cami
	11:15a - 12pm	zone 2	Classic Chair: Rose				6:00 - 6:45pm	zone 4	Aqua Running: Rose
FRIDAY	8:00 - 8:45am	zone 1	Stretch: Lawrence**	7:00 - 7:45am	zone 3	Aquacise: Lawrence	10:00 - 10:45am	zone 4	Deep Elite: Rose
	9:00 - 9:45am	zone 1	Tai Chi Flow: Karen	8:00 - 8:45am	zone 1	Gentle Aqua: Judy	11:00 - 11:45am	zone 3	Deep Fit: Lawrence
	10:00 - 10:45am	zone 3	Core: Lawrence**	8:45 - 9:30am	zone 3	Aqua Strength: Lawrence			
	11:15a - 12pm	zone 2	Classic Chair: Rose						
	12:15 - 1:00pm	zone 3	Strength: Rose						

****Class will utilize floor exercises. Please bring your own fitness mat.****

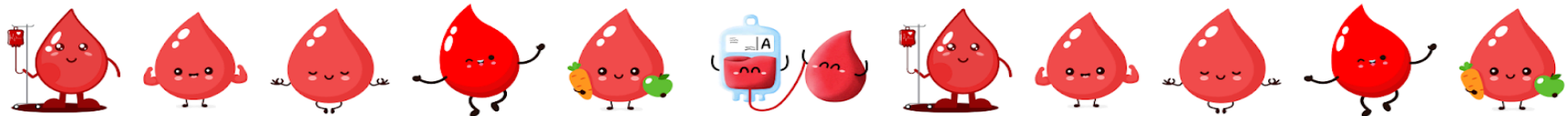
TUES, APRIL 30TH
1 TO 6 PM

SWIMRVA
COLLEGIATE SCHOOL AQUATICS
CENTER
5050 RIDGEDALE PARKWAY
RICHMOND, VIRGINIA 23234

REGISTER
HERE!

Announcements and Upcoming Events

SwimRVA Will be closed on select dates in April. Please see the At-A-Glance Calendar for more info.



Wellness Month-At-Glance: April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 SwimRVA Closed	1	2	3 Gentle Aqua 11:30-12:15	4	5	6 SwimRVA Closed Syren Symposium
7 SwimRVA Closed Syren Symposium	8	9	10	11	12	13 SwimRVA Open 10a-5p
14 SwimRVA Closed Swim Meet	15	16	17	18	19	20 SwimRVA Closed Swim Meet
21 SwimRVA Closed Swim Meet	22	23	24	25	26	27 SwimRVA Open 10a-5p
28 SwimRVA Open 12p-5p	29	30 Blood Drive 1p-6p Classic Chair & Strength Canceled	1	2	3	4 SwimRVA Closed Swim Meet