

Wellness Class Schedule



May
2024

SwimRVA-CSAC | 5050 Ridgedale Parkway, Richmond, VA 23234

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

Zone 1 low heart rate, easy exercises
Zone 2 moderate heart rate and difficulty

Zone 3 elevated heart rate, challenging
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						
	12:15 - 1:00pm	zone 2	Classic Chair: Rose	7:15 - 8:00pm	zone 3	Aquacise: Lawrence	6:00 - 6:45pm	zone 3	Deep Fit: 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			
	12:15 - 1:00pm	zone 3	Strength: Rose				6:00 - 6:45pm	zone 4	Aqua Running: 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			
	12:00 - 12:45pm	zone 1	Restore: Suzanne**	7:15 - 8:00pm	zone 3	Aquacise: Lawrence	6:00 - 6:45pm	zone 3	Deep Fit: Rose
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
	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.



Announcements and Upcoming Events

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

Have you updated your emergency contact? Stop by the front desk today!

Hardest working? Friendliest? Most Spirited? Know someone like this? Nominate them now for the Hall of Inspiration!



