	Wellness Class Schedule									7		
SwimRVA-CSAC 5050 Ridgedale Parkway, Richmond, VA 23234										m	RVA	
_			_		e categorized based on	Zone 1 low heart rate, e		eart rate, easy exercises	Zone 3	elevated	heart rate, challenging	2024
F	tn	ess	Zones		ed participant heart rate exercise difficulty.	Zone 2	modera	te heart rate and difficulty	Zone 4	high he	eart rate, most difficult	
		Community Room Land Classes			Shallow H2O			Deep H2O				
MONDA		Time Fitness Zone Class Info			Time Fitness Zone Class Info		Time Fitness Zone Class Info					
	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	0:00	- 10:45am	zone 3	Core: Lawrence**	8:45 - 9:30am	zone 3	Aqua Strength: Lawrence				
	11	1:00	- 11:45am	zone 4	Sculpt: Lawrence							
	12	2:15	- 1:00pm	zone 2	Classic Chair: Rose	7:15 - 8:00pm	zone 3	Aquacise: Lawrence	6:00 - 6:45pm	zone 3	Deep Fit: Rose	
UESDA			Time	Fitness Zone		Time	Fitness Zone			Fitness Zon		F
	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	0:15	- 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	1:15a	ı - 12pm	zone 2	Classic Chair: Rose	9:30 - 10:15a	zone 3	Aqua Strength: Kimi				1-1-1
	12	2:15	- 1:00pm	zone 3	Strength: Rose				6:00 - 6:45pm	zone 4	Aqua Running: Rose	Ammanina and
WEDNESDAY		•	Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info	Time	Fitness Zon	e Class Info	Announcements and
			8:45am	zone 3	Zumba Gold: Heather	7:00 - 7:45am	zone 3	Aquacise: Lawrence	9:00 - 9:45am	zone 2	Deep Fun: Jane	Upcoming Events
	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	SwimRVA Will be closed on
	10	0:00	- 10:45am	zone 3	Core: Heather**	8:45 - 9:30am	zone 3	Aqua Strength: Lawrence	11:00 - 11:45am	zone 3	Deep Fit: Rose	select dates in May. Please see
岁	11	1:00	- 11:45am	zone 4	Sculpt: Lawrence	1:00 - 1:45pm	zone 1	Gentle Aqua: Judy				the At-A-Glance Calendar for
>	12	2:00	- 12:45pm	zone 1	Restore: Suzanne**	7:15 - 8:00pm	zone 3	Aquacise: Lawrence	6:00 - 6:45pm	zone 3	Deep Fit: Rose	more info.
>_	L		Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info	Time	Fitness Zon	e Class Info	
DAY	-		9:00am	zone 2	Aerobic Dance: Pauline		zone 3	Aquacise: Lawrence	6:45 - 7:45am	zone 4	Aqua Running: Rose	Have you updated your
88			10:00am	zone 3	Zumba Gold: Rose	8:00 - 8:45am	zone 1	Gentle Aqua: Jane	9:00 - 9:45am	zone 3	Finning: Lawrence	emergency contact? Stop
THURS			- 11:00am		Line Dance: Pauline	8:45 - 9:30am	zone 2	Aqua Fit: Jane	10:00 - 10:45am	zone 4	Deep Elite	by the front desk today!
_	11	1:15a - 12pm zone 2 Classic Chair: Rose					6:00 - 6:45pm zone 4 Aqua Running: Rose					
		Time Fitness Zone Class Info			Time	Fitness Zone			Fitness Zon		Hardest working?	
<u>></u>	-		8:45am	zone 1	Stretch: Lawrence**	7:00 - 7:45am	zone 3	Aquacise: Lawrence	10:00 - 10:45am		Deep Elite: Rose	Friendliest? Most Spirited?
DA			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	Know someone like this?
FRIDAY			- 10:45am		Core: Lawrence**	8:45 - 9:30am	zone 3	Aqua Strength: Lawrence				Nominate them now for the
"	11	1:15a	ı - 12pm	zone 2	Classic Chair: Rose							
	12	2:15	- 1:00pm	zone 3	Strength: Rose	**Cla	ss will ut	ilize floor exercises. Pl	ease bring you	r own fi	tness mat.**	Hall of Inspiration!

Wellness Month-At-Glance: May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 28 SwimRVA Open 12p-5p	April 29	April 30 Blood Drive 1p-6p Classic Chair & Strength Canceled	May 1	2	9:00 am Tai Chi Canceled	SwimRVA Closed Swim Meet
SwimRVA Closed Swim Meet	6	7	8	9	10	11 SwimRVA Open 10a-5p
SwimRVA Open 12p-5p	13	14	6:00 pm Deep Fit Canceled	SwimRVA Closed Swim Meet	SwimRVA Closed Swim Meet	SwimRVA Closed Swim Meet
SwimRVA Closed Swim Meet	20	21	22	23	24	25 SwimRVA Open 10a-5p
26 SwimRVA Open 12p-5p	27 SwimRVA-CSAC Closed Memorial Day	28	29	30	SwimRVA Closing at 1pm	SwimRVA Closed Swim Meet