

Wellness Class Schedule

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



OCTOBER 2024



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: Maia	10:00 - 10:45am	zone 4	Deep Elite: Lawrence
	9:00 - 9:45am	zone 3	Strength: Lawrence	8:00 - 8:45am	zone 1	Gentle Aqua: Maia	11:00 - 11:45am	zone 3	Deep Fit: Rose
	10:00 - 10:45am	zone 3	Core: Kimi**	8:45 - 9:30am	zone 3	Aqua Strength: Suzanne			
	11:00 - 11:45am	zone 4	Sculpt: Kimi						
	12:15 - 1:00pm	zone 2	Classic Chair: Rose				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: Maia	6:45 - 7:45am	zone 4	Aqua Running: Rose
	9:15 - 10:00am	zone 3	Cardio Dance: Kimi	8:00 - 8:45am	zone 1	Gentle Aqua: Jane	10:00 - 10:45am	zone 4	Deep Elite: Kimi/Cami
	10:15 - 11:00am	zone 2	Line Dance: Pauline	8:45 - 9:30am	zone 2	Aqua Fit: Jane			
	11:15a - 12pm	zone 2	Classic Chair: Rose						
	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: Maia	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 Plus: Jane	10:00 - 10:45am	zone 4	Deep Elite: Jan
	10:00 - 10:45am	zone 3	Core: Heather**	8:45 - 9:30am	zone 3	Aqua Strength: Lawrence			
	11:00 - 11:45am	zone 4	Sculpt: Kimi	1:00-1:45pm	zone 1	Gentle Aqua: Maia			
	12:00 - 12:45pm	zone 1	Restore: Kimi**				6:00 - 6:45pm	zone 3	Deep Fit: Lawrence
THURSDAY	8:15 - 9:00am	zone 3	Cardio Dance: Rose	7:00 - 7:45am	zone 3	Aquacise: Maia	6:45 - 7:45am	zone 4	Aqua Running: Rose
	9:15 - 10:00am	zone 2	Aerobic Dance: Pauline	8:00 - 8:45am	zone 1	Gentle Aqua: Jane	9:00 - 9:45am	zone 3	Finning: Atika
	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: Atika
	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: Maia	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: Maia			
	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 October Please see the At-A-Glance Calendar for more info.

Wednesday's Gentle Aqua is now at 1pm

Halloween Costume Contest and Chili Cook Off!!
10/31- 12:30-2:30pm
RSVP at the Front Desk Today!



Wellness Month-At-Glance: October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 SwimRVA Closed	30	1 Blood Drive - 1-6pm 11:15 and 12:15 Land Classes Canceled	2	3	4	5 SwimRVA Open 12p-5p
6 SwimRVA Open 12p-5p	7	8	9	10	11	12 SwimRVA Closed
13 SwimRVA Closed	14	15	16	17	18	19 SwimRVA Open 10a-5p
20 SwimRVA Open 12p-5p	21	22	23	24	25	26 SwimRVA Open 12p-5p
27 SwimRVA Open 12p-5p	28	29	30	31 Halloween Costume Contest and Chili Cook Off 12:30p-2:30p	1	2 SwimRVA Closed

SAVE THE DATE: SwimRVA Wellness Open House - Friday November 22, 2024