

November Wellness Class Schedule

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

	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: Judy	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	9:00 - 9:45am	zone 4	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
	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: 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	6:00 - 6:45pm	zone 3	Deep Fit: Lawrence
	12:00 - 12:45pm	zone 1	Restore: Kimi**						
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
Medicare Open Enrollment Educational Session with Humana
 Monday, Nov. 25th
 1:00-2:00pm
 Please RSVP to Front Desk

SwimRVA Wellness OPEN HOUSE
 Friday, Nov 22
 10am-1pm
 Vendors, Classes, Flu Shots, and More!

Special Hours on Black Friday 10a-5p
 SwimRVA will be closed on November 8th and 28th.
 Please see the At-A-Glance Calendar for more info.



Wellness Month-At-Glance: November 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 SwimRVA Open 12p-5p	28	29	30	31 Halloween Costume Contest and Chili Cook-Off 12:30p-2:30p	1	2 SwimRVA Open 2p-5p
3 SwimRVA Open 12p-5p	4	5 No Land Classes Election Day	6	7	8 SwimRVA Closed	9 SwimRVA Closed
10 SwimRVA Closed	11	12	13	14	15	16 SwimRVA Closed
17 SwimRVA Closed	18	19	20	21	22 Wellness Open House 10a-1p **See Special Class Schedule**	23 SwimRVA Closed
24 SwimRVA Closed	25 Medicare 101 Talk 1p-2p	26	27	28 SwimRVA Closed	29 SwimRVA Open 10a-5p **See Special Class Schedule**	30 SwimRVA Open 10a-5p