

December 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

| | Time | Fitness Zone | Class Info |
|---------------|-----------------|--------------|---------------------|
| MONDAY | 8:00 - 8:45am | zone 1 | Stretch: Lawrence** |
| | 9:00 - 9:45am | zone 3 | Strength: Lawrence |
| | 10:00 - 10:45am | zone 3 | Core: Kimi** |
| | 11:00 - 11:45am | zone 4 | Sculpt: Kimi |
| | 12:15 - 1:00pm | zone 2 | Classic Chair: Rose |

| | Time | Fitness Zone | Class Info |
|---------------|---------------|--------------|------------------------|
| MONDAY | 7:00 - 7:45am | zone 3 | Aquacise: Maia |
| | 8:00 - 8:45am | zone 1 | Gentle Aqua: Judy |
| | 8:45 - 9:30am | zone 3 | Aqua Strength: Suzanne |

| | Time | Fitness Zone | Class Info |
|---------------|-----------------|--------------|----------------------|
| MONDAY | 10:00 - 10:45am | zone 4 | Deep Elite: Lawrence |
| | 11:00 - 11:45am | zone 3 | Deep Fit: Rose |
| | 6:00 - 6:45pm | zone 3 | Deep Fit: Rose |

| | Time | Fitness Zone | Class Info |
|----------------|-----------------|--------------|-----------------------|
| TUESDAY | 8:15 - 9:00am | zone 2 | Beginner Core: Kimi** |
| | 9:15 - 10:00am | zone 3 | Cardio Dance: Kimi |
| | 10:15 - 11:00am | zone 2 | Line Dance: Pauline |
| | 11:15a - 12pm | zone 2 | Classic Chair: Rose |
| | 12:15 - 1:00pm | zone 3 | Strength: Rose |

| | Time | Fitness Zone | Class Info |
|----------------|---------------|--------------|-------------------|
| TUESDAY | 7:00 - 7:45am | zone 3 | Aquacise: Maia |
| | 8:00 - 8:45am | zone 1 | Gentle Aqua: Jane |
| | 8:45 - 9:30am | zone 2 | Aqua Fit: Jane |

| | Time | Fitness Zone | Class Info |
|----------------|-----------------|--------------|--------------------|
| TUESDAY | 6:45 - 7:45am | zone 4 | Aqua Running: Rose |
| | 9:00 - 9:45am | zone 4 | Finning: Lawrence |
| | 10:00 - 10:45am | zone 4 | Deep Elite: Cami |
| | 6:15 - 7:00pm | zone 4 | Aqua Running: Rose |

| | Time | Fitness Zone | Class Info |
|------------------|-----------------|--------------|---------------------|
| WEDNESDAY | 8:00 - 8:45am | zone 3 | Zumba Gold: Heather |
| | 9:00 - 9:45am | zone 2 | Balance: Heather |
| | 10:00 - 10:45am | zone 3 | Core: Heather** |
| | 11:00 - 11:45am | zone 4 | Sculpt: Kimi |
| | 12:00 - 12:45pm | zone 1 | Restore: Kimi** |

| | Time | Fitness Zone | Class Info |
|------------------|---------------|--------------|-------------------------|
| WEDNESDAY | 7:00 - 7:45am | zone 3 | Aquacise: Maia |
| | 8:00 - 8:45am | zone 1 | Gentle Aqua Plus: Jane |
| | 8:45 - 9:30am | zone 3 | Aqua Strength: Lawrence |
| | 1:00-1:45pm | zone 1 | Gentle Aqua: Maia |

| | Time | Fitness Zone | Class Info |
|------------------|-----------------|--------------|--------------------|
| WEDNESDAY | 9:00 - 9:45am | zone 2 | Deep Fun: Jane |
| | 10:00 - 10:45am | zone 4 | Deep Elite: Jan |
| | 6:00 - 6:45pm | zone 3 | Deep Fit: Lawrence |

| | Time | Fitness Zone | Class Info |
|-----------------|-----------------|--------------|------------------------|
| THURSDAY | 8:15 - 9:00am | zone 3 | Cardio Dance: Rose |
| | 9:15 - 10:00am | zone 2 | Aerobic Dance: Pauline |
| | 10:15 - 11:00am | zone 2 | Line Dance: Pauline |
| | 11:15a - 12pm | zone 2 | Classic Chair: Rose |

| | Time | Fitness Zone | Class Info |
|-----------------|---------------|--------------|-------------------|
| THURSDAY | 7:00 - 7:45am | zone 3 | Aquacise: Maia |
| | 8:00 - 8:45am | zone 1 | Gentle Aqua: Jane |
| | 8:45 - 9:30am | zone 2 | Aqua Fit: Jane |

| | Time | Fitness Zone | Class Info |
|-----------------|-----------------|--------------|--------------------|
| THURSDAY | 6:45 - 7:45am | zone 4 | Aqua Running: Rose |
| | 9:00 - 9:45am | zone 3 | Finning: Cami |
| | 10:00 - 10:45am | zone 4 | Deep Elite: Cami |
| | 6:15 - 7:00pm | zone 4 | Aqua Running: Rose |

| | Time | Fitness Zone | Class Info |
|---------------|-----------------|--------------|---------------------|
| FRIDAY | 8:00 - 8:45am | zone 1 | Stretch: Lawrence** |
| | 9:00 - 9:45am | zone 1 | Tai Chi Flow: Karen |
| | 10:00 - 10:45am | zone 3 | Core: Lawrence** |
| | 11:15a - 12pm | zone 2 | Classic Chair: Rose |
| | 12:15 - 1:00pm | zone 3 | Strength: Rose |

| | Time | Fitness Zone | Class Info |
|---------------|---------------|--------------|-------------------------|
| FRIDAY | 7:00 - 7:45am | zone 3 | Aquacise: Maia |
| | 8:00 - 8:45am | zone 1 | Gentle Aqua: Maia |
| | 8:45 - 9:30am | zone 3 | Aqua Strength: Lawrence |

| | Time | Fitness Zone | Class Info |
|---------------|-----------------|--------------|------------------|
| FRIDAY | 10:00 - 10:45am | zone 4 | Deep Elite: Rose |

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

Announcements and Upcoming Events

Support SwimRVA as we celebrate Giving Tuesday: Tuesday, December 3rd, 2024

SwimRVA New Year's Challenge 2025
12/31/24
2:00 PM - 5:00PM

It is about setting goals for the coming year. No matter if you are a beginning swimmer or just finished crossing the English Channel, this event is YOURS.

Learn more at the front desk!

SwimRVA will be closed on select days in December.

Please see the At-A-Glance Calendar for more info.



Wellness Month-At-Glance: December 2024



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|--------|--|--|-----------------------------|----------------------|------------------------------|
| 1 SwimRVA Open 12p-5p | 2 | 3 | 4 | 5 | 6 | 7 SwimRVA Open 10p-5p |
| 8 SwimRVA Open 12p-5p | 9 | 10 | 11 | 12 SwimRVA Open 6a-2p | 13 SwimRVA Closed | 14 SwimRVA Closed |
| 15 SwimRVA Closed | 16 | 17 | 18 | 19 | 20 | 21 SwimRVA Open 1p-4p |
| 22 SwimRVA Open 12p-5p | 23 | 24 Open 6a-12p | 25 SwimRVA Closed | 26 | 27 | 28 SwimRVA Open 10p-5p |
| 29 SwimRVA Open 12p-5p | 30 | 31 SwimRVA Open 6a-12p <hr/> SwimRVA New Year's Challenge 2p-5p | 1 SwimRVA Closed Happy New Year! | 2 | 3 | 4 SwimRVA Open 10p-5p |