

# January 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
<b>MONDAY</b>	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
<b>MONDAY</b>	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
<b>MONDAY</b>	10:00 - 10:45am	zone 4	Deep Elite: Lawrence
	11:00 - 11:45am	zone 3	Deep Fit: Rose
<b>MONDAY</b>	6:00 - 6:45pm	zone 3	Deep Fit: Rose

	Time	Fitness Zone	Class Info
<b>TUESDAY</b>	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
<b>TUESDAY</b>	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
<b>TUESDAY</b>	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
<b>TUESDAY</b>	6:15 - 7:00pm	zone 4	Aqua Running: Rose

	Time	Fitness Zone	Class Info
<b>WEDNESDAY</b>	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
<b>WEDNESDAY</b>	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
<b>WEDNESDAY</b>	1:00-1:45pm	zone 1	Gentle Aqua: Maia

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

	Time	Fitness Zone	Class Info
<b>THURSDAY</b>	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
<b>THURSDAY</b>	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
<b>THURSDAY</b>	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
<b>THURSDAY</b>	6:15 - 7:00pm	zone 4	Aqua Running: Rose

	Time	Fitness Zone	Class Info
<b>FRIDAY</b>	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
<b>FRIDAY</b>	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
<b>FRIDAY</b>	10:00 - 10:45am	zone 4	Deep Elite: Rose

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

### Announcements and Upcoming Events

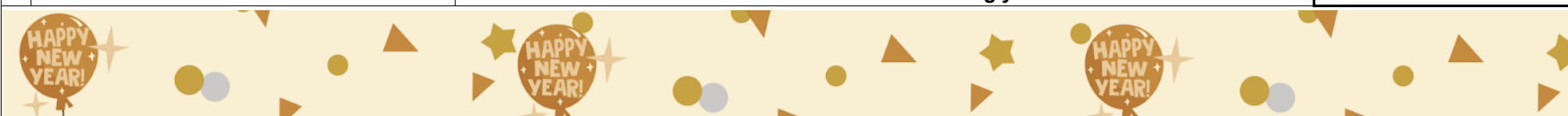
New Years Resolution Tea Luncheon  
12:30p-2p

### Winter Open Water Program

With our all-deep, 50m pool, we set a buoyed course and work on all aspects of open water swimming.  
**\$229 for 11 Sessions**

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

SwimRVA will be closed on select days in January.  
**Please see the At-A-Glance Calendar for more info.**



# Wellness Month-At-Glance: January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
5 SwimRVA Open 12p-5p	6	7	8	9 New Years Resolution Tea Luncheon 12:30p-2p	10	11 SwimRVA Open 10p-5p
12 SwimRVA Open 12p-5p	13	14	15	16	17	18 SwimRVA Open 10p-5p
19 SwimRVA Open 10p-5p	20	21	22	23	24	25 SwimRVA Closed
26 SwimRVA Closed	27	28	29	30	31	1 SwimRVA Closed