

# March Wellness Class Schedule



**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

## 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						
	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	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: Cami
	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
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 3	Functional Fitness: 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

### Health Food Recipe Swap & Potluck Luncheon

Mon, March 10 | 1:30-3:30pm

### in the Community Room

Bring your favorite healthy recipe to share! Submit your recipe in advance to be featured in our Nutrition Month Cook Book! RSVP to front desk!

### \*\*\*NEW CLASS ALERT\*\*\*

Functional Fitness **Fridays @ 9am** in the Community Room

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

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



# Wellness Month-At-Glance: March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 23 SwimRVA Open 12p-5p	24	25	26	27 See Special Class Schedule	28 SwimRVA Closed	March 1 SwimRVA Closed
2 SwimRVA Closed	3 See Special Class Schedule ----- SwimRVA Opening at 5:00pm	4 See Special Class Schedule ----- SwimRVA Opening at 5:00pm	5 See Special Class Schedule ----- SwimRVA Opening at 5:00pm	6 SwimRVA Closing at 1:30pm	7 SwimRVA Closed	8 SwimRVA Closed
9 SwimRVA Closed	10 Health Food Recipe Swap 1:30-3:30pm	11	12	13	14	15 SwimRVA Closed
16 SwimRVA Open 12p-5p	17	18 Medicare 101 Talk 1-3pm	19	20	21 SwimRVA Closed	22 SwimRVA Closed
23 SwimRVA Closed	24	25	26	27 SwimRVA Closing at 2:30pm	28 SwimRVA Closed	29 SwimRVA Closed
30 SwimRVA Closed	31	April 1	2	3	4	5 SwimRVA Open 10p-5p