

February Wellness Class Schedule

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



February is
American
Heart
Month



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: 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				6:15 - 7:00pm	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			
	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: 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				6:15 - 7:00pm	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	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

**Valentine's Day
Pie Bake Off
Feb 11, 1:30-3pm
RSVP and Submit
Recipes to the front
desk by Feb 7!**

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



Wellness Month-At-Glance: February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 26 SwimRVA Closed	27	28	29	30	31	February 1 SwimRVA Closed
2 SwimRVA Closed	3	4	5	6	7	8 SwimRVA Closed
9 SwimRVA Open 12p-5p	10	Valentine's Day Pie Bake Off 1:30p-3p	12	13	14	15 SwimRVA Open 10p-5p
16 SwimRVA Open 12p-5p	17	18	19	20	21	22 SwimRVA Closed
23 SwimRVA Open 12p-5p	24	25	26	27	28 SwimRVA Closed	March 1 SwimRVA Closed