

May 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				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: 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

POP UP CLASS ALERT:
 May 9, 5:30pm!
Aqua Line-Dancing in the Instructional Pool!!

Free Beginner Swim Workshop
 May 22 9:30a-11:00a
Please R.S.V.P at the Front Desk
 See At-A-Glance for details.

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



Wellness Month-At-Glance: May 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 SwimRVA Closed
4 SwimRVA Closed	5	6	7	8	9 Pop-Up Class: Aqua Line Dancing 5:30-6:30p	10 SwimRVA Open 10a-5p
11 SwimRVA Open 12p-5p Mother's Day	12	13	14 Competition Pool Closing at 12:30p	15 SwimRVA Closed	16 SwimRVA Closed	17 SwimRVA Closed
18 SwimRVA Closed	19	20	21	22 Free Swim Lesson for Beginners: 9:30a-10:00a Coffee Social in Lobby: 10:00a-11:00a	23	24 SwimRVA Open 10a-5p
25 SwimRVA Open 12p-5p	26 SwimRVA Closed Memorial Day	27	28	29	30 SwimRVA Closing at 2:30p	31 SwimRVA Closed