

August 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 3			elevated heart rate, challenging		
				Zone 2			moderate heart rate and difficulty			Zone 4			high heart rate, most difficult						
	Land Classes				Shallow H2O				Deep H2O										
MONDAY	Time	Fitness Zone	Class Info		Time	Fitness Zone	Class Info		Time	Fitness Zone	Class Info								
	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	Time	Fitness Zone	Class Info		Time	Fitness Zone	Class Info		Time	Fitness Zone	Class Info								
	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	Time	Fitness Zone	Class Info		Time	Fitness Zone	Class Info		Time	Fitness Zone	Class Info								
	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										11:30-12:15pm	zone 1	Gentle Aqua: Maia				
	12:00 - 12:45pm	zone 1	Restore: Kimi**						6:00 - 6:45pm	zone 3	Deep Fit: Lawrence								
THURSDAY	Time	Fitness Zone	Class Info		Time	Fitness Zone	Class Info		Time	Fitness Zone	Class Info								
	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	Time	Fitness Zone	Class Info		Time	Fitness Zone	Class Info		Time	Fitness Zone	Class Info								
	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

**Join us for our
SwimRVA Annual Luau
August 14 12-7:30p**

Earn your DUCK! Check in for 6 Wellness visits or refer a friend for a DUCK. Now through August 31.

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



Wellness Month-At-Glance: August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 SwimRVA Closed	2 SwimRVA Closed
3 SwimRVA Closed	4	5 Competition Pool Closed 1p-8p	6 SwimRVA Closed	7 SwimRVA Closed	8 SwimRVA Closed	9 SwimRVA Closed
10 SwimRVA Open 12p-5p	11	12	13	14 SwimRVA Summer Luau 12p-7:30p	15	16 SwimRVA Closed
17 SwimRVA Closed	18 SwimRVA Closed	19 SwimRVA Closed	20 SwimRVA Closed	21 SwimRVA Closed	22 SwimRVA Closed	23 SwimRVA Open 10a-5p
24 SwimRVA Open 12p-5p	25	26	27	28	29	30 SwimRVA Open 10a-5p
31 SwimRVA Open 12p-5p						