




July 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									
	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	11:30-12:15pm	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							
									Please be sure to check in at the front desk for every visit!							
									Save The Date! SwimRVA Annual Luau, August 21. More details to come!							
									SwimRVA will be closed on select days in July. Please see the At-A-Glance Calendar for more info.							





# Wellness Month-At-Glance: July 2025



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

Water Classes		Land Classes	
Friday, July 11			
8:45-9:30a	Deep Elite	8:00 - 8:45am	Stretch
9:45-10:30a	Aquacise	9:00 - 9:45am	Functional Fitness
		10:00 - 10:45am	Core
		11:00 - 11:45am	Classic Chair
		12:15 - 1:00pm	Strength
Tuesday, July 15			
7:00-7:45a	Aqua Running	8:15 - 9:00am	Beginner Core
8:45-9:30a	Deep Elite	9:15 - 10:00am	Cardio Dance
9:45-10:30a	Aquacise	10:15 - 11:00am	Line Dance
		11:15a - 12pm	Classic Chair
		12:15 - 1:00pm	Strength
Wednesday, July 16			
8:45-9:30a	Deep Elite	8:00 - 8:45am	Zumba Gold
9:45-10:30a	Aquacise	9:00 - 9:45am	Balance
		10:00 - 10:45am	Core
		11:00 - 11:45am	Sculpt
		12:00 - 12:45pm	Restore
Monday, July 21			
8:45-9:30a	Deep Elite		
9:45-10:30a	Aqua Strength		
Tuesday, July 22			
7:00-7:45a	Aqua Running	8:15 - 9:00am	Beginner Core
8:45-9:30a	Deep Elite	9:15 - 10:00am	Cardio Dance
9:45-10:30a	Aquacise	10:15 - 11:00am	Line Dance
		11:15a - 12pm	Classic Chair
		12:15 - 1:00pm	Strength
Thursday, July 31			
7:00-7:45a	Aqua Running	8:15 - 9:00am	Cardio Dance
7:00-7:45a	Aquacise	9:15 - 10:00am	Aerobic Dance
8:00-8:45a	Gentle Aqua	10:15 - 11:00am	Line Dance
8:45-9:30a	Deep Elite	11:15a - 12pm	Classic Chair
8:45-9:30a	Aqua Strength		
Friday, Aug. 1			
		8:00 - 8:45am	Stretch
		9:00 - 9:45am	Functional Fitness
		10:00 - 10:45am	Core
		11:15a - 12pm	Classic Chair
		12:15 - 1:00pm	Strength