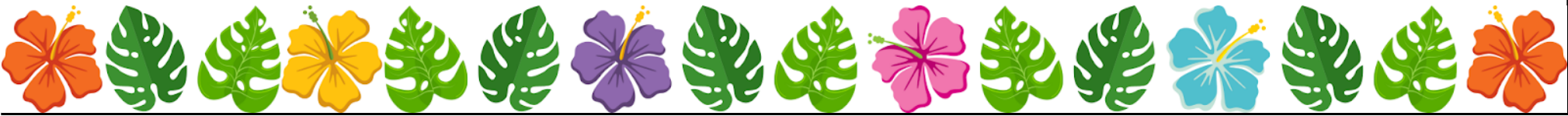


August Wellness Class Schedule												
Fitness Zones Classes are categorized based on anticipated participant heart rate and exercise difficulty.				Zone 1 low heart rate, easy exercises			Zone 3 elevated heart rate, challenging					
				Zone 2 moderate heart rate and difficulty			Zone 4 high heart rate, most difficult					
	Land Classes			Shallow H2O			Deep H2O					
	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						
	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					6:00 - 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												
Join us for our SwimRVA Anual 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 AM Classes at SwimRVA- Meadowbrok	19 SwimRVA Closed AM Classes at SwimRVA- Meadowbrok	20 SwimRVA Closed AM Classes at SwimRVA- Meadowbrok	21 SwimRVA Closed AM Classes at SwimRVA- Meadowbrok	22 SwimRVA Closed AM Classes at SwimRVA- Meadowbrok	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						