

September 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						
	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	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	1:00-1:45pm	zone 1	Tai Chi Form & Flow: Karen						
	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
FRIDAY	11:15a - 12pm	zone 2	Classic Chair: Rose				6:00 - 6:45pm	zone 4	Aqua Running: Rose
	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.									



September
2025

Announcements and Upcoming Events

Join us for our SwimRVA
Wellness Open House
Tell your friends and
neighbors!
Day and time coming soon!

Returning Class

Tai Chi is back!
Every Wednesday at 1pm

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



Wellness Month-At-Glance: September 2025



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