

November 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: Maia
	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: Rose
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: Maia
	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: Cami
	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: Karen						
	12:15 - 1:00pm	zone 3	Strength: Karen						

Class will utilize floor exercises. Please bring your own fitness mat.



Friendsgiving Potluck
 November 13th 12:30p-2:00p
 R.S.V.P at Front Desk

NEW
Schedule your Therapy Pool appointments with our new SwimRVA app.
Download it today!

Wellness Open House:
 November 11 8a-1p
 Bring your family, friends and neighbors. More details to come.

SwimRVA will be **Closed** on select days in November.
Please see the At-A-Glance Calendar for more info.



Wellness Month-At-Glance: November 2025

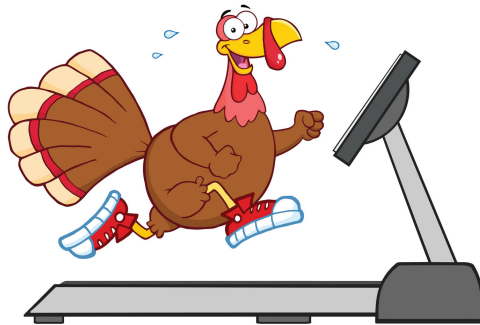


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 SwimRVA Open 10a-5p
2 SwimRVA Open 12p-5p	3	4 Election Day No Land Classes	5	6	7 SwimRVA Closed	8 SwimRVA Closed
9 SwimRVA Closed	10	11 Wellness Open House 8a-1p	12	13 Wellness Friendsgiving Luncheon 12:30p-2:00p	14	15 SwimRVA Closed
16 SwimRVA Closed	17	18	19	20	21	22 SwimRVA Closed
23 SwimRVA Closed	24 Member Appreciation 6a-11a	25	26	27 Thanksgiving SwimRVA Closed	28 SwimRVA Open 10a-5p	29 SwimRVA Open 10a-5p
30 SwimRVA Open 12p-5p						

SwimRVA Wellness

Post-Thanksgiving Pop Up Class Schedule

2025



Don't be a Turkey! Join us the day after Thanksgiving (Friday, November 28) to move, groove, and sweat out the Tryptophan!

Shallow Water

10:30-11:15am Aquacise - Maia

11:15-12:00pm Gentle Aqua - Judy

Community Room

10:15-11:00am Community Room - Strength - Karen

11:15-12:00pm Community Room - Classic Chair - Karen

Deep Water

11:30-12:15pm Deep Elite - Cami

Facility Hours 10:00am-5:00pm, Lap Swim available all day