

April 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	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
	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: Cami
	9:00 - 9:45am	zone 3	Low Impact & Strength: 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	Gentle Cardio & Strength: Karen						

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

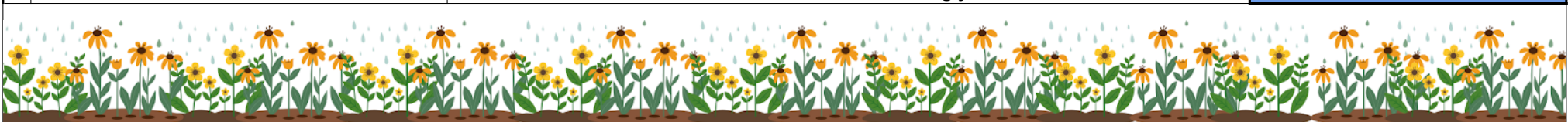


Please see the At-A-Glance Calendar for April closures.

**R.S.V.P.
 At The Front Desk
 Wellness Paint and Plant
 April 9 12:30p - 2:30p**

**April Wellness Appreciation:
 April 22nd in Lobby
 6a-11a**

**American Red Cross Blood Drive!
 April 28 1-6p**



Wellness Month-At-Glance: April 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			April 1	2	3	4 SwimRVA Open 10a-5p
5 Easter Sunday SwimRVA Closed	6	7	8	9 April Wellness Spring Paint and Plant 12:30-2:30p	10	11 SwimRVA Closed
12 SwimRVA Open 12-5p	13	14	15	16	17	18 SwimRVA Closed
19 SwimRVA Closed	20	21	22 Wellness Appreciation Lobby 6-11a	23	24	25 SwimRVA Open 10a-5p
26 SwimRVA Open 12-5p <hr/> Instructional Pool Open at 1:00p	27	28 American Red Cross Blood Drive 1:00-6:00p No 11:15 or 12:15 Land Classes	29	30	May 1	May 2