

May 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	Class Info	Time	Fitness Zone	Class Info
MONDAY	8:00 - 8:45am	zone 1	Stretch: Lawrence**	7:00 - 7:45am	Aquacise: Lawrence	10:00 - 10:45am	zone 4	Deep Elite: Lawrence
	9:00 - 9:45am	zone 3	Strength: Lawrence	8:00 - 8:45am	Gentle Aqua: Judy	11:00 - 11:45am	zone 3	Deep Fit: Rose
	10:00 - 10:45am	zone 3	Core: Kimi**	8:45 - 9:30am	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	Aquacise: Suzanne	6:45 - 7:45am	zone 4	Aqua Running: Rose
	9:15 - 10:00am	zone 3	Cardio Dance: Kimi	8:00 - 8:45am	Gentle Aqua: Jane	9:00 - 9:45am	zone 4	Finning: Cami
	10:15 - 11:00am	zone 2	Line Dance: Pauline	8:45 - 9:30am	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	High & Low Impact: Atika	7:00 - 7:45am	Aquacise: Lawrence	9:00 - 9:45am	zone 2	Deep Fun: Jane
	9:00 - 9:45am	zone 2	Balance: Atika	8:00 - 8:45am	Gentle Aqua Plus: Jane	10:00 - 10:45am	zone 4	Deep Elite: Jan
	10:00 - 10:45am	zone 3	Core: Atika**	8:45 - 9:30am	Aqua Strength: Lawrence			
	11:00 - 11:45am	zone 4	Sculpt: Kimi	1:00-1:45pm	Gentle Aqua: Judy			
	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	Aquacise: Suzanne	6:45 - 7:45am	zone 4	Aqua Running: Rose
	9:15 - 10:00am	zone 2	Aerobic Dance: Pauline	8:00 - 8:45am	Gentle Aqua: Jane	9:00 - 9:45am	zone 3	Finning: Cami
	10:15 - 11:00am	zone 2	Line Dance: Pauline	8:45 - 9:30am	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	Aquacise: Lawrence	10:00 - 10:45am	zone 4	Deep Elite: Cami
	9:00 - 9:45am	zone 3	Low Impact & Strength: Karen	8:00 - 8:45am	Gentle Aqua: Judy			
	10:00 - 10:45am	zone 3	Core: Lawrence**	8:45 - 9:30am	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 May closures.

**R.S.V.P.
 At The Front Desk
 Free Wellness Swim Lesson
 May 19th 12:45-1:15p**

**Wellness Appreciation:
 May 7th in Lobby
 6a-11a**

Wellnes Incentive ~ Come And Check In 6 Times In The Month Of May, Earn A SwimRVA Silver Swim Cap!



Wellness Month-At-Glance: May 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 SwimRVA Closed
3 SwimRVA Closed	4	5 Cinco de Mayo	6	7 Wellness Appreciation Lobby 6a-11a	8	9 SwimRVA Open 10a-5p Down River Rip @ Robius Landing
10 SwimRVA Open 10a-5p Mothers Day	11	12	13 Competition Pool Closing at 12:30p	14 SwimRVA Closed	15 SwimRVA Closed	16 SwimRVA Closed
17 SwimRVA Closed	18	19 Free Wellness Swim Lesson R.S.V.P. at Front Desk	20	21	22	23 SwimRVA Open 10a-5p
24 SwimRVA Open 12p-5p	25 SwimRVA Closed Memorial Day	26	27	28	29 SwimRVA Closing at 2p	30 SwimRVA Closed
31 SwimRVA Closed	June 1	2	3	4	5	6