

July 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	Aqua Running: 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	11:30-12:15pm	Gentle Aqua: Judy			
	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	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
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	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			

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



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

Wellnes Incentive ~ Come And Check In 4 Times In The Month Of July, Earn A Guest Pass to Share!

"Celebrate the Spirit of Freedom by Sharing Acts of Kindness. Uplift Others, Unite as One, & Create a Brighter Future For All."

Special Wellness Schedule at Meadowbrook Coming Soon!
 SwimRVA-MBK 3700 Cogbill Road,
 Richmond, VA 23234



Wellness Month-At-Glance: July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 28 SwimRVA Open 12p-5p	June 29	June 30	July 1	2	3	4 SwimRVA Closed Independence Day
5 SwimRVA Open 12p-5p	6	7	8	9 SwimRVA Closed	10 SwimRVA Closed	11 SwimRVA Closed
12 SwimRVA Closed	13	14 SwimRVA Closed	15	16	17	18 SwimRVA Closed
19 SwimRVA Closed	20 SwimRVA Closed	21 SwimRVA Closed	22 SwimRVA Closed	23	24 SwimRVA Closing at 3p	25 SwimRVA Open 3p-5p
26 SwimRVA Open 12p-5p	27	28	29	30 SwimRVA Closed	31 SwimRVA Closed	August 1 SwimRVA Closed