

June 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 3	elevated heart rate, challenging
		Zone 2	moderate heart rate and difficulty	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: Atika	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: Suzanne
	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	11:30-12:45pm	Gentle Aqua: Judy			
	12:00 - 12:45pm	zone 1	Restore: Kimi**					
	1:00-1:45pm	zone 1	Tai Chi Form & Flow: Karen			6:00 - 6:45pm	zone 3	Deep Fit: Rose
THURSDAY	8:15 - 9:00am	zone 3	Cardio Dance: Rose	7:00 - 7:45am	Aquacise: Atika	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: Atika
	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 June closures.

Wellness Event
June 4th 12:30-1:30p
 Guest Speaker Jaime Smiley From The Alzheimer's Association

R.S.V.P At The Front Desk For June's Wellness Event

Wellness Incentive ~ Come And Check In 4 Times In The Month Of June, Earn A Beach Ball or Duck!



Wellness Month-At-Glance: June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Wellness Guest Speaker 12:30-1:30p R.S.V.P at Front Desk	5 Competition and Instructional Pool Closed 12-6:30p	6 SwimRVA Open 10a-5p <u>Competition Pool Closed</u>
7 SwimRVA Open 12p-5p	8	9	10	11	12 SwimRVA Closed	13 SwimRVA Closed
14 SwimRVA Closed	15	16	17	18	19	20 SwimRVA Open 10a-5p
21 SwimRVA Open 12p-5p Father's Day!	22	23	24	25	26 SwimRVA Closed	27 SwimRVA Closed
28 SwimRVA Closed	29	30	July 1	2	3	4 SwimRVA Closed 4th of July