

August 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
MONDAY	8:00 - 8:45am	zone 1	Stretch **
	9:00 - 9:45am	zone 3	Strength
	10:00 - 10:45am	zone 3	Core **
	11:00 - 11:45am	zone 4	Sculpt
	12:15 - 1:00pm	zone 2	Classic Chair

Time	Class Info
7:00 - 7:45am	Aquacise
8:00 - 8:45am	Gentle Aqua
8:45 - 9:30am	Aqua Strength

Time	Fitness Zone	Class Info
10:00 - 10:45am	zone 4	Deep Elite
11:00 - 11:45am	zone 3	Deep Fit
6:00 - 6:45pm	zone 3	Aqua Running

	Time	Fitness Zone	Class Info
TUESDAY	8:15 - 9:00am	zone 2	Beginner Core **
	9:15 - 10:00am	zone 3	Cardio Dance
	10:15 - 11:00am	zone 2	Line Dance
	11:15a - 12pm	zone 2	Classic Chair
	12:15 - 1:00pm	zone 3	Strength

Time	Class Info
7:00 - 7:45am	Aquacise
8:00 - 8:45am	Gentle Aqua
8:45 - 9:30am	Aqua Fit

Time	Fitness Zone	Class Info
6:45 - 7:45am	zone 4	Aqua Running
9:00 - 9:45am	zone 4	Finning
10:00 - 10:45am	zone 4	Deep Elite
6:00 - 6:45pm	zone 4	Aqua Running

	Time	Fitness Zone	Class Info
WEDNESDAY	8:00 - 8:45am	zone 3	High & Low Impact
	9:00 - 9:45am	zone 2	Balance
	10:00 - 10:45am	zone 3	Core **
	11:00 - 11:45am	zone 4	Sculpt
	12:00 - 12:45pm	zone 1	Restore **
	1:00-1:45pm	zone 1	Tai Chi Form & Flow

Time	Class Info
7:00 - 7:45am	Aquacise
8:00 - 8:45am	Gentle Aqua Plus
8:45 - 9:30am	Aqua Strength
11:30-12:15pm	Gentle Aqua

Time	Fitness Zone	Class Info
9:00 - 9:45am	zone 2	Deep Fun
10:00 - 10:45am	zone 4	Deep Elite
6:00 - 6:45pm	zone 3	Deep Fit

	Time	Fitness Zone	Class Info
THURSDAY	8:15 - 9:00am	zone 3	Cardio Dance
	9:15 - 10:00am	zone 2	Aerobic Dance
	10:15 - 11:00am	zone 2	Line Dance
	11:15a - 12pm	zone 2	Classic Chair

Time	Class Info
7:00 - 7:45am	Aquacise
8:00 - 8:45am	Gentle Aqua
8:45 - 9:30am	Aqua Fit

Time	Fitness Zone	Class Info
6:45 - 7:45am	zone 4	Aqua Running
9:00 - 9:45am	zone 3	Finning
10:00 - 10:45am	zone 4	Deep Elite
6:00 - 6:45pm	zone 4	Aqua Running

	Time	Fitness Zone	Class Info
FRIDAY	8:00 - 8:45am	zone 1	Stretch **
	9:00 - 9:45am	zone 3	Low Impact & Strength
	10:00 - 10:45am	zone 3	Core **
	11:15a - 12pm	zone 2	Gentle Cardio & Strength

Time	Class Info
7:00 - 7:45am	Aquacise
8:00 - 8:45am	Gentle Aqua
8:45 - 9:30am	Aqua Strength

Time	Fitness Zone	Class Info
10:00 - 10:45am	zone 4	Deep Elite

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



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

Wellnes Incentive ~ Come And Check In 4 Times In The Month Of August, Earn A DUCK!

"A Book Is Not Just A Book. It Is Sanity. It Is Happiness. It Is A Teacher. It Is A Therapist. And A Best Friend."

Be Sure To Log Into Your SwimRVA App To View Your Membership, Update Contact Information, View Available Lanes and Schedule Therapy Pool Time.



Wellness Month-At-Glance: August 2026



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