

September 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 **	7:00 - 7:45am	zone 3	Aquacise	10:00 - 10:45am	zone 4	Deep Elite
	9:00 - 9:45am	zone 3	Strength	8:00 - 8:45am	zone 1	Gentle Aqua	11:00 - 11:45am	zone 3	Deep Fit
	10:00 - 10:45am	zone 3	Core **	8:45 - 9:30am	zone 3	Aqua Strength			
	11:00 - 11:45am	zone 4	Sculpt				6:00 - 6:45pm	zone 3	Aqua Running
	12:15 - 1:00pm	zone 2	Classic Chair						
TUESDAY	8:15 - 9:00am	zone 2	Beginner Core **	7:00 - 7:45am	zone 3	Aquacise	6:45 - 7:45am	zone 4	Aqua Running
	9:15 - 10:00am	zone 3	Cardio Dance	8:00 - 8:45am	zone 1	Gentle Aqua	9:00 - 9:45am	zone 4	Finning
	10:15 - 11:00am	zone 2	Line Dance	8:45 - 9:30am	zone 2	Aqua Fit	10:00 - 10:45am	zone 4	Deep Elite
	11:15a - 12pm	zone 2	Classic Chair				6:00 - 6:45pm	zone 4	Aqua Running
	12:15 - 1:00pm	zone 3	Strength						
WEDNESDAY	8:00 - 8:45am	zone 3	High & Low Impact	7:00 - 7:45am	zone 3	Aquacise	9:00 - 9:45am	zone 2	Deep Fun
	9:00 - 9:45am	zone 2	Balance	8:00 - 8:45am	zone 1	Gentle Aqua Plus	10:00 - 10:45am	zone 4	Deep Elite
	10:00 - 10:45am	zone 3	Core **	8:45 - 9:30am	zone 3	Aqua Strength			
	11:00 - 11:45am	zone 4	Sculpt	11:30-12:15pm	zone 1	Gentle Aqua	6:00 - 6:45pm	zone 3	Deep Fit
	12:00 - 12:45pm	zone 1	Restore **						
THURSDAY	8:15 - 9:00am	zone 3	Cardio Dance	7:00 - 7:45am	zone 3	Aquacise	6:45 - 7:45am	zone 4	Aqua Running
	9:15 - 10:00am	zone 2	Aerobic Dance	8:00 - 8:45am	zone 1	Gentle Aqua	9:00 - 9:45am	zone 3	Finning
	10:15 - 11:00am	zone 2	Line Dance	8:45 - 9:30am	zone 2	Aqua Fit	10:00 - 10:45am	zone 4	Deep Elite
	11:15a - 12pm	zone 2	Classic Chair				6:00 - 6:45pm	zone 4	Aqua Running
FRIDAY	8:00 - 8:45am	zone 1	Stretch **	7:00 - 7:45am	zone 3	Aquacise	10:00 - 10:45am	zone 4	Deep Elite
	9:00 - 9:45am	zone 3	Low Impact & Strength	8:00 - 8:45am	zone 1	Gentle Aqua			
	10:00 - 10:45am	zone 3	Tai Chi Flow	8:45 - 9:30am	zone 3	Aqua Strength			
	11:15a - 12pm	zone 2	Gentle Cardio & Strength						

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



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

**Wellness Appreciation:
Thursday, September 17
Coffee and Doughnuts
Lobby, 6a-11a**

"Once you stop learning, you start dying." ~ Albert Einstein

**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: September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 SwimRVA Open 10a-5p
6 SwimRVA Open 12p-5p	7 SwimRVA Closed Labor Day	8	9	10	11	12 SwimRVA Open 10a-5p Competition Pool 12p-5p
13 SwimRVA Open 12p-5p	14	15	16	17 Wellness Appreciation Coffee and Doughnuts in Lobby 6a-11a	18	19 SwimRVA Open 10a-5p
20 SwimRVA Open 12p-5p	21	22	23	24 Red Cross Blood Drive 1p-7p <u>NO</u> 10:15 or 11:15 Land Classes	25 SwimRVA Closing at 2p	26 SwimRVA Closed
27 SwimRVA Open 3p-5p	28	29	30			