November Wellness Class Schedule

SwimRVA

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	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						
	12:15 - 1:00pm	zone 2	Classic Chair				6:00 - 6:45pm	zone 3	Aqua Running
TUESDAY	Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info
	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						
	12:15 - 1:00pm	zone 3	Strength				6:00 - 6:45pm	zone 4	Aqua Running
WEDNESDAY	Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info
	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			
	12:00 - 12:45pm	zone 1	Restore **				6:00 - 6:45pm	zone 3	Deep Fit
THURSDAY	Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info
	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 - 12:00pm	zone 2	Classic Chair				6:00 - 6:45pm	zone 4	Aqua Running
FRIDAY	Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info	Time	Fitness Zone	Class Info
	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			
	11:00a - 11:45am	zone 2	Gentle Cardio & Strength						

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



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

Special Day After Thanksgiving Hours: 10a-5p. See Our Special Pop-Up Wellness Schedule

"Gratitude is one of the strongest and most transformative states of being. It shifts your perspective from lack to abundanceand allows you to focus on the good in your life, which in turn pulls more goodness into your reality."
~Jen Sincero

R.S.V.P. For SwimRVA Friendsgiving Potluck Thursday, November 12 12:30-2p In The Community Room

Wellness Month-At-Glance: November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings	2	3 Election Day	4	5	6 **SwimRVA Closed**	7 **SwimRVA Closed**
8 **SwimRVA Closed**	9	10	11 Veterans Day	12 **Wellness Friendsgiving Potluck 12:30p-2p**	13	14 **SwimRVA Closed**
15 **SwimRVA Closed**	16	17	18	19	20	21 **SwimRVA Closed**
22 **SwimRVA Closed**	23	24	25	26 **SwimRVA Closed** **Thanksgiving**	27 **SwimRVA Open 10a-5p** **See Pop-Up Schedule**	28 **SwimRVA Open 10a-5p**
29 **SwimRVA Open 12p-5p**	30	**December** 1	2	3	4	5