

October Wellness Class Schedule

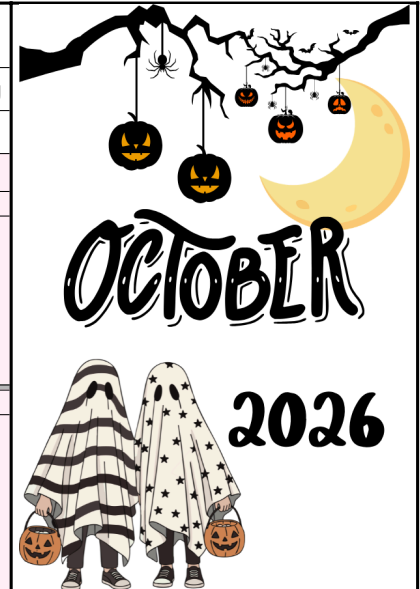


Fitness Zones Classes are categorized based on anticipated participant heart rate and exercise difficulty.

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						
	12:15 - 1:00pm	zone 2	Classic Chair				6:00 - 6:45pm	zone 3	Aqua Running
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						
	12:15 - 1:00pm	zone 3	Strength				6:00 - 6:45pm	zone 4	Aqua Running
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			
	12:00 - 12:45pm	zone 1	Restore **				6:00 - 6:45pm	zone 3	Deep Fit
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 - 12:00pm	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			
	11:00a - 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 October closures.

Annual Wellness Chili Cook Off: Thursday, October 29, 12:30-2:00p.
 R.S.V.P at Front Desk

"Do not let the shadows of yesterday spoil the sunshine of tomorrow. Live for today." ~ Nandina Morris

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: October 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 SwimRVA Open 10a-5p
4 SwimRVA Open 12p-5p	5	6	7	8	9	10 SwimRVA Closed
11 SwimRVA Closed	12 SwimRVA Open 6a-8:30p Columbus Day Indigenous Peoples' Day	13	14	15	16	17 SwimRVA Open 10a-5p
18 SwimRVA Open 12p-5p	19	20	21	22	23	24 SwimRVA Closed
25 SwimRVA Closed	26	27	28	29 Wellness Chili Cook Off 12:30-2p Lobby	30	31 SwimRVA Open 10a-5p Halloween