



SwimRVA Wellness

Collegiate School Aquatics Center

5050 Ridgedale Parkway, N. Chesterfield, VA 23234

804-271-8271 www.swimrichmond.org

JULY LAND CLASSES

MONDAY

8:00- 8:45A PILATES- LAWRENCE CR
9:00- 9:45A BANDS- RENEE WR
10:00-10:45A CORE BLAST-KIMI CR
11:00-11:45A YOGA - KIMI* CR
12:15- 1:00P CLASSIC CHAIR-ROSE * CR

TUESDAY

9:15-10:00A ZUMBA GOLD-ROSE CR
10:00-10:45A POWER PUMP-LAWRENCE WR
10:00-10:45A INTERMEDIATE LINE DANCING-RENEE CR
11:15-12:00P CLASSIC CHAIR-ROSE * CR
12:15- 1:00P CARDIO-ROSE * CR
7:00- 7:45P CARDIO KICKBOXING-LAWRENCE CR

WEDNESDAY

8:00- 8:45A PILATES- LAWRENCE CR
9:00- 9:45A CHAIR YOGA- LINDA* CR
9:00- 9:45A BANDS- TARA WR
10:00-10:45A CORE BLAST-TARA CR
11:00-11:45A YOGA- TARA* CR
6:00- 6:45P ZUMBA- ESTHER CR
6:45- 7:30P POWER PUMP- LAWRENCE WR

THURSDAY

9:15-10:00A ZUMBA GOLD-ROSE CR
10:00-10:45A POWER PUMP-LAWRENCE WR
10:00-10:45A BEGINNER LINE DANCING -RENEE CR
11:00-11:45A CLASSIC CHAIR-ROSE/LAWRENCE* CR
7:00- 8:00P RUNNING UNIVERSITY PILATES-
LAWRENCE CR

FRIDAY

8:00- 8:45A STRETCHING-LAWRENCE CR
9:00- 9:45A BANDS-LAWRENCE WR
10:00-10:45A FUNK AEROBICS-LAWRENCE CR
11:15-12:00P CLASSIC CHAIR-ROSE * CR
12:15- 1:00P CARDIO-ROSE * CR

SILVER SNEAKER/LOW IMPACT
AF- ARTHRITIS FOUNDATION
CR-COMMUNITY ROOM
DW- DEEP WATER
PD-POOL DECK
WR- WEIGHT ROOM*

JULY WATER CLASSES

MONDAY

7:00- 7:45A AQUACISE- LAWRENCE
8:00- 8:45A AF & MORE-JUDY *
8:45- 9:30A SILVER SPLASH-LAWRENCE
9:00- 9:45A AQUA BODY BLAST-SARAH DW
10:00-10:45A AQUA BOOT CAMP-LAWRENCE DW
11:00-11:45A AQUACISE-LAWRENCE DW
6:00- 6:45P AQUA BOOT CAMP-RENEE
7:00- 7:45P H2O FIT- LAWRENCE

TUESDAY

6:00- 6:45A RUNNING UNIVERSITY-AQUA
RUNNING- SARAH-DW
6:45- 7:30A RUNNING UNIVERSITY-AQUA
RUNNING- SARAH DW
7:00- 7:45A AQUACISE-LAWRENCE
8:00- 8:45A AF & MORE-JANE *
8:45- 9:30A H2O FIT-JANE
9:00- 9:45A FINNING-LAWRENCE DW
12:30- 1:15P AQUACISE- LAWRENCE DW
6:00- 7:00P RUNNING UNIVERSITY AQUA
RUNNING- SARAH DW
7:30- 8:00P AQUACISE EXTREME- SARAH

WEDNESDAY

7:00- 7:45A AQUACISE- LAWRENCE
8:00 - 8:45A AF & MORE-JANE *
8:45- 9:30A AQUACISE-LAWRENCE
9:00- 9:45A AQUA FUN- JANE DW
10:00-10:45A AQUA BODY BLAST-LAWRENCE DW
11:00-11:45A AQUACISE- LAWRENCE DW
6:00- 6:45P ZERO IMPACT- RENEE DW
7:00- 7:45P AQUA ZUMBA- ESTHER

THURSDAY

6:00- 6:45A RUNNING UNIVERSITY AQUA
RUNNING-SARAH DW
6:45- 7:30A RUNNING UNIVERSITY AQUA
RUNNING-SARAH DW
7:00- 7:45A AQUACISE- LAWRENCE
8:00- 8:45A AF & MORE-JANE/JUDY*
8:45- 9:30A H2O FIT-JANE
9:00- 9:45A FINNING-LAWRENCE DW
9:45-10:30A AQUA FUN-JANE DW
12:30- 1:15P AQUACISE- LAWRENCE DW
6:00- 7:00P RUNNING UNIVERSITY AQUA
RUNNING- SARAH DW
7:30- 8:00P AQUACISE EXTREME- SARAH

FRIDAY

7:00- 7:45A AQUACISE-LAWRENCE
8:00- 8:45A AF & MORE-JUDY *
8:45- 9:30A AQUACISE- SARAH
10:00-10:45A AQUA BODY BLAST- SARAH DW
11:00-11:45A AQUACISE-LAWRENCE DW

ZONES

Zone 1- You are able to have a conversation with someone

Zone 2- A little harder to have a conversation

Zone 3- You are working hard and breathing hard

Zone 4- Extremely hard, you are never at this intensity for more than 20 seconds at a time

The class descriptions below list the maximum zone for each class. It does not mean you will be in this zone all class.

WATER CLASS DESCRIPTIONS

Arthritis Foundation (AF) & More– Shallow water exercise program proven to help you live better with arthritis. Suitable for every fitness level. Reduce pain and stiffness while increasing strength, flexibility and endurance. Zone = 1

Aqua Body Blast– Challenging deep water whole body workout to help improve strength, definition and endurance. Zone = 4

Aqua Boot Camp– High intensity deep water class that is designed to challenge any age and fitness level! Offers both cardio and toning components while using a variety of equipment. Zone = 4

Aquacise– A low to medium impact shallow water class promoting joint flexibility, range of motion and agility while building cardiovascular endurance and muscular strength. Zone = 3 * * T h i s c l a s s i s a l s o p e r f o r m e d i n t h e D e e p W a t e r * *

Aquacise Extreme- 30 minutes of challenging nonstop cardio and strength training bound to make you sweat! Zone = 4

Aqua Fun– Introductory deep water class. Great muscular strength, endurance, and cardiovascular workout. Zone = 2

Aqua Running– Deep water class for all levels consisting of running motions and training to help build muscle strength and endurance. Great for runners or those just looking for an excellent cardiovascular and strengthening workout. Zone = 4

Aqua Zumba– Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. This class will help sculpt and tone your body! Zone = 3

Finning– High energy, very aerobic class in the deep water using flippers for extra resistance. Zone = 3

H2O Fit– Great class to increase joint range of motion while increasing cardiovascular health and muscular strength. Targets a wide range of levels including the beginner and the pre & post natal mom. Zone = 3

Silver Splash– Shallow water class, lots of fun and will improve agility, flexibility and cardiovascular endurance. Zone = 3

Zero Impact– Intermediate to advanced deep water workout to improve muscular strength and endurance. Zone = 3

LAND CLASS DESCRIPTIONS

Bands- Resistance bands workout for strength training without joint compression. Great core workout while strengthening legs and upper body. Zone = 3

Beginner Line Dancing- Lots of energy, fun, great music, learn all classic line dances. Zone = 1

Cardio- Standing circuit workout for cardiovascular and muscular endurance power boost. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. Chair used for standing support, stretching and relaxation exercises. Zone = 2

Cardio Kickboxing - A high energy, explosive, exciting and motivating workout. It's the non-contact kickboxing workout that blends elements of boxing, martial arts, and traditional aerobics into a 45 minute exercise routine. This class will increase your strength and flexibility while burning fat. Open to all levels of fitness. Zone = 4

Chair Yoga– Great class to receive the incredible benefits of Yoga-balance, strengthening, flexibility, & relaxation, but while using a chair instead of a mat on the floor. Zone = 1

Classic Chair- Move to the music for muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and a Silver Sneakers ball for resistance. Chairs available for seated or standing support. Zone = 1

Core Blast- Focus on core strength, balance, and flexibility by performing abdominal and back exercises standing up and on floor mats. Zone = 3

Funk Aerobics- Great strength and aerobic workout while having fun listening to awesome music. Zone= 3

Intermediate Line Dancing– Advance your fun line dancing routine with quicker and more challenging footwork. Zone = 2

Pilates– Improve physical strength, flexibility, and posture, and enhance mental awareness. Zone = 2

Power Pump- Total body strength workout including flexibility and balance exercises. Increase range of motion, strength and overall functionality in daily activities. Supports a healthy metabolism and reduces age-related muscle and bone loss. Zone = 3

Stretching– Calming class designed to focus on an active recovery and to relax those muscles you work so hard. Zone = 1

Yoga- A series of gentle poses that improves flexibility, strengthens the immune system, tones muscles and promotes relaxation. Revitalize and calm the mind and body. Zone = 1

Zumba– Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance for a total workout!

Zumba Gold- Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Zone = 3

Month at a Glance for July 2018

1. We will discuss back pain throughout the month. Stay tuned for daily facts and prevention methods in your classes!
2. Have you set up your FREE Wellness consultation with our Wellness Programs Manager? Renee would love the opportunity to sit down with you and go over your fitness goals and help you find the best fitness classes for your wellness success! See our Front Desk staff to schedule your appointment today!
3. Remember to check the pool schedule for pool availability for lap lanes and family swim time.
www.swimrichmond.org

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Facility Open 12-5pm	2	3	4 Facility Closed Independence Day	5	6	7 Facility Open 10am-5pm
8 Facility Open 12-5pm	9	10	11	12	13	14 Facility Open 10am-5pm
15 Facility Open 12-5pm	16	17	18	19	20	21 Facility Open 10am-5pm
22 Facility Open 12-5pm	23 Facility Closed RMAL Champs	24	25 Facility Closed JRAC Champs	26 Facility Closes @ 11:00am CAL Champs	27 Facility Closed CAL Champs	28 Facility Closed GRAL Champs
29 Facility Closed GRAL Champs	30	31	August 1 Comp Pool Closed Futures	August 2 Comp Pool Closed Instructional Pool Closes @ 9:30am Futures	August 3 Facility Closed Futures	August 4 Facility Closed Futures
August 5 Facility Closed Futures	August 6	August 7 Comp Pool Closes @ 2pm Zones	August 8 Facility Closed Zones	August 9 Facility Closed Zones	August 10 Facility Closed Zones	August 11 Facility Closed Zones

Monday, July 23- Closed all day/no classes

Tuesday, July 24- Open, all classes will be held

Wednesday, July 25- Closed all day/no classes

Thursday, July 26- Close at 11:00am (10am will be our last class)

Friday, July 27-closed all day/no classes

Saturday, July 28- Closed all day

Sunday, July 29- Closed all day

Monday, July 30- Open, all classes will be held

Tuesday, July 31- Open, all classes will be held

Wednesday, August 1- Completion Pool Closed/No Deep Water Classes.

Community Room and Weight Room classes will be held until 12pm (last class 11am)

Instructional Pool/Shallow Water Classes open all day

Thursday, August 2- No classes being held EXCEPT for the 7am, 8am, and 8:45am Instructional Pool/Shallow Water Classes will be held

Friday, August 3- Closed all day/no classes

Saturday, August 4- Closed all day

Sunday, August 5- Closed all day

Monday, August 6- Open, all classes will be held

Tuesday, August 7- Open. Competition Pool/Deep Water Closes at 2pm.

ALL water & land classes will be held EXCEPT for 6pm Aqua Running

Wednesday, August 8- Closed all day/no classes

Thursday, August 9- Closed all day/no classes

Friday, August 10- Closed all day/no classes

Saturday, August 11- Closed all day