



SwimRVA Wellness  
Collegiate School Aquatics Center  
5050 Ridgedale Parkway, N. Chesterfield, VA 23234  
804-271-8271 [www.swimrichmond.org](http://www.swimrichmond.org)

## **SPECIAL JUNE 26-30 LAND CLASS SCHEDULE**

Camp WannaCure, a children's diabetes camp will be taking place in our community room from Monday, June 26th-Friday June 30th. Below is our land class schedule for this week when the community room will not be available to us. Thank you for your flexibility and understanding!

### MONDAY, JUNE 26TH

8:00- 8:45A STRETCHING- CHASE—HELD IN WEIGHT ROOM  
9:00- 9:45A BANDS-CHASE—HELD IN WEIGHT ROOM  
10:00-10:45A CORE BLAST-KIMI—HELD IN WEIGHT ROOM  
11:00-11:45A YOGA STRETCH KIMI—HELD IN WEIGHT ROOM  
12:15- 1:00P CLASSIC CHAIR-ROSE —HELD IN WEIGHT ROOM  
5:00- 5:45P GUTS & BUTTS-CHASE—HELD IN COMMUNITY ROOM

### TUESDAY, JUNE 27TH

8:15- 9:00A ZUMBA GOLD TONING-ROSE —HELD IN WEIGHT ROOM  
9:15-10:00A ZUMBA GOLD-ROSE—HELD IN WEIGHT ROOM  
10:00-10:45A POWER PUMP- CHASE—HELD IN WEIGHT ROOM  
10:00-10:45A LINE DANCING-RENEE—HELD ON POOL DECK  
11:15-12:00P CLASSIC CHAIR-ROSE —HELD IN WEIGHT ROOM  
12:15- 1:00P CARDIO-ROSE —HELD IN WEIGHT ROOM  
5:00- 5:45P BANDS- CHASE—HELD ON POOL DECK  
7:00- 8:00P CARDIO KICKBOXING—**CANCELED!!**

### WEDNESDAY, JUNE 28TH

8:00- 8:45A STRETCHING-CHASE—HELD IN WEIGHT ROOM  
9:00- 9:45A BANDS-CHASE—HELD IN WEIGHT ROOM  
10:00-10:45A CORE BLAST-TARA—HELD IN WEIGHT ROOM  
11:00-11:45A YOGA STRETCH TARA—HELD IN WEIGHT ROOM

### THURSDAY, JUNE 29TH

9:15-10:00A ZUMBA GOLD-ROSE—HELD IN WEIGHT ROOM  
10:00-10:45A POWER PUMP- CHASE—HELD IN WEIGHT ROOM  
10:00-10:45A LINE DANCING-RENEE—HELD ON POOL DECK  
11:00-11:45A CLASSIC CHAIR- CHASE—HELD IN WEIGHT ROOM  
7:00- 8:00P RUNNING UNIVERSITY PILATES—HELD IN COMMUNITY ROOM

### FRIDAY, JUNE 30TH

8:00- 8:45A STRETCHING-CHASE—HELD IN WEIGHT ROOM  
9:00- 9:45A BANDS-CHASE—HELD IN WEIGHT ROOM  
10:00-10:45A FUNK AEROBICS—**CANCELED!!**  
11:15-12:00P CLASSIC CHAIR-ROSE —HELD IN WEIGHT ROOM  
12:15- 1:00P CARDIO-ROSE —HELD IN WEIGHT ROOM

