



SwimRVA Wellness
Collegiate School Aquatics Center
5050 Ridgedale Parkway, N. Chesterfield, VA 23234
804-271-8273 www.swimrichmond.org

OCTOBER LAND CLASSES

MONDAY

9:00- 9:45A BANDS-LAWRENCE *
10:00-10:45A CORE BLAST-LAWRENCE
11:00-11:45A YOGA-STRETCH-SUZANNE *
12:15- 1:00P CLASSIC CHAIR-ROSE *
5:00- 5:45P ZUMBA-KARLA
6:15- 7:00P CARDIO BURN-CHASE

TUESDAY

8:00- 8:45A ZUMBA GOLD-ROSE *
9:00- 9:45A DANCEFIT-KARLA
10:00-10:45A LINE DANCING-SUZANNE
11:15-12:00P CLASSIC CHAIR-ROSE *
12:15- 1:15P CARDIO-ROSE *
5:00- 5:45P PILATES-LAWRENCE *
7:15- 8:00P ZUMBA-DOMINIQUE/SHAWRELL

WEDNESDAY

9:00- 9:45A CYCLEFIT-LAWRENCE WR
10:00-10:45A CORE BLAST-LAWRENCE
11:00-11:45A YOGA STRETCH-SUZANNE *

THURSDAY

8:00- 8:45A SENIOR STRENGTH-KARLA
9:00- 9:45A DANCEFIT-KARLA
10:00-10:45A LINE DANCING-SUZANNE
11:00-11:45A CLASSIC CHAIR-ROSE*
6:15- 7:00P CARDIO BURN-SHAWRELL
7:00- 7:45P ZUMBA-SHAWRELL

FRIDAY

9:00- 9:45A BANDS-CHASE
10:00-10:45A AQUA BANDS COMBO-CHASE
10:00-10:45A FUNK AEROBICS-LAWRENCE
11:00-11:45A CYCLEFIT-LAWRENCE
11:15-12:00P CLASSIC CHAIR-ROSE *
12:15- 1:15P CARDIO-ROSE *

* = SILVER SNEAKERS LOW IMPACT
AF= ARTHRITIS FOUNDATION
DW = DEEP WATER

OCTOBER WATER CLASSES

MONDAY

7:00- 7:45A AQUACISE-KIM
8:15- 9:00A AF-JANE/JUDY *
9:00- 9:45A SILVER SPLASH-SUZANNE
9:00- 9:45A AQUA BODY BLAST-CHASE DW
10:00-10:45A DEEP WATER FUN-SUZANNE DW
11:00-11:45P AQUACISE-CHASE DW
5:00- 5:45P AQUA BOOT CAMP-CHASE DW
7:00- 7:45P AQUACISE-LAWRENCE

TUESDAY

7:00- 7:45A AQUACISE-KARLA
8:15- 9:00A AF-JANE *
9:00- 9:45A SENIOR H2O FIT-JANE
9:00- 9:45A DEEP WTR FINNING-SUZANNE DW
1:00- 1:45P AQUACISE-CHASE DW
5:00- 5:45P AQUA CROSS TRAIN-CHASE DW
6:00- 6:45P ZERO IMPACT-LAWRENCE DW *

WEDNESDAY

7:00- 7:45A AQUACISE-KIM
8:15- 9:00A AF-JANE *
9:00- 9:45A JOGFINSPIN-JANE DW
9:00- 9:45A AQUACISE-SUZANNE
10:00-10:45A AQUA BODY BLAST-CHASE DW
11:00-11:45P AQUACISE-CHASE DW
5:00- 5:45P AQUA BANDS COMBO-CHASE DW
6:00- 6:45P AQUA HIGH ENERGY-LAWRENCE DW
7:00- 7:45P AQUACISE-LAWRENCE

THURSDAY

7:00- 7:45A AQUACISE-KARLA
8:15- 9:00A AF-JUDY *
9:00- 9:45A SENIOR H2O FIT-JANE
9:00- 9:45A DEEP WTR FINNING-SUZANNE DW
10:00-10:45A AQUA SENIOR FUN-JANE DW
1:00- 1:45P AQUACISE-CHASE
5:00- 5:45P AQUA CROSS TRAIN-CHASE DW
6:00- 6:45P ZERO IMPACT-LAWRENCE DW *
7:00- 7:45P AQUACISE-LAWRENCE

FRIDAY

8:15- 9:00A AF-JUDY *
9:00- 9:45A AQUACISE-LAWRENCE
10:00-10:45A AQUABANDS-CHASE DW
11:00-11:45A AQUA BODY BLAST-CHASE DW
12:00-12:45P AQUACISE-CHASE DW