



SwimRVA Wellness

Collegiate School Aquatics Center

5050 Ridgedale Parkway, N. Chesterfield, VA 23234

804-271-8271 www.swimrichmond.org

NOVEMBER LAND CLASSES

MONDAY

8:00- 8:45A PILATES-LAWRENCE CR
9:00- 9:45A BANDS-LAWRENCE WR
10:00-10:45A CORE BLAST-LAWRENCE CR
11:00-11:45A YOGA-STRETCH-SUZANNE * CR
12:15- 1:00P CLASSIC CHAIR-ROSE * CR
5:00- 5:45P RUNNING UNIVERSITY
STRENGTH FOR RUNNERS-CHASE CR

TUESDAY

8:15- 9:00A ZUMBA GOLD TONING-ROSE * CR
9:15-10:00A ZUMBA GOLD-ROSE CR
10:00-10:45A SENIOR STRENGTH-LAWRENCE WR
10:00-10:45A LINE DANCING-SUZANNE CR
11:15-12:00P CLASSIC CHAIR-ROSE * CR
12:15- 1:15P CARDIO-ROSE * CR
5:00- 5:30P CROSS TRAIN EXPRESS-CHASE CR
5:00- 5:45P FUNK AEROBICS-LAWRENCE * CR
6:00- 6:45P CARDIO KICKBOXING-LAWRENCE CR
7:00- 8:00P RUNNING UNIVERSITY
PILATES -LAWRENCE CR

WEDNESDAY

8:00- 8:45A PILATES-LAWRENCE CR
9:00- 9:45A BANDS-LAWRENCE/CHASE WR
10:00-10:45A CORE BLAST-LAWRENCE CR
11:00-11:45A YOGA STRETCH-SUZANNE * CR
5:00- 5:45P BOOT CAMP-CHASE CR
6:00- 6:45P RUNNING UNIVERSITY
BANDS-CHASE PD

THURSDAY

9:15-10:00A ZUMBA GOLD-ROSE CR
10:00-10:45A SENIOR STRENGTH-LAWRENCE WR
10:00-10:45A LINE DANCING-SUZANNE CR
11:00-11:45A CLASSIC CHAIR-ROSE* CR
3:00- 3:45P CARDIO KICKBOXING-LAWRENCE CR
5:00- 5:30P CROSS TRAIN EXPRESS-CHASE CR
5:00- 5:45P FUNK AEROBICS-LAWRENCE * CR
7:00- 8:00P RUNNING UNIVERSITY
STRETCHING FOR RUNNERS-CHASE CR

FRIDAY

8:00- 8:45A PILATES-LAWRENCE CR
9:00- 9:45A BANDS-CHASE WR
9:45-10:30A CARDIO KICKBOXING-LAWRENCE CR
10:30-11:15A FUNK AEROBICS-LAWRENCE CR
11:15-12:00P CLASSIC CHAIR-ROSE * CR
12:15- 1:15P CARDIO-ROSE * CR

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

NOVEMBER WATER CLASSES

MONDAY

7:00- 7:45A AQUACISE-SUZANNE
8:00- 8:45A AF-JANE/JUDY *
8:45- 9:30A 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
6:00- 6:45P AQUA BOOT CAMP-CHASE DW
7:00- 7:45P AQUACISE-CHASE

TUESDAY

6:00- 7:00A RUNNING UNIVERSITY-AQUA
RUNNING-CHASE DW
6:15- 7:00A MORNING SPLASH-SUZANNE
7:00- 7:45A AQUACISE-SUZANNE
8:00- 8:45A AF-JANE *
8:45- 9:30A H2O FIT-JANE
9:00- 9:45A FINNING-SUZANNE DW
12:30- 1:30P AQUA 30/30 SHALLOW/DW-CHASE
3:00- 3:45P AQUA STRENGTH-CHASE DW
6:00- 7:00P RUNNING UNIVERSITY-AQUA
RUNNING-CHASE DW

WEDNESDAY

7:00- 7:45A AQUACISE-LAWRENCE
8:00- 8:45A AF-JANE *
9:00- 9:45A AQUA FUN-JANE DW
8:45- 9:30A AQUACISE-SUZANNE
10:00-10:45A AQUA BODY BLAST-CHASE DW
11:00-11:45P AQUACISE-CHASE DW
6:00- 6:45P AQUA HIGH ENERGY-LAWRENCE DW
7:00- 7:45P AQUACISE-LAWRENCE

THURSDAY

6:00- 7:00A RUNNING UNIVERSITY-AQUA
RUNNING-CHASE DW
6:15- 7:00A MORNING SPLASH-SUZANNE
7:00- 7:45A AQUACISE-SUZANNE
8:00- 8:45A AF-JUDY *
8:45- 9:30A H2O FIT-JANE
9:00- 9:45A FINNING-SUZANNE DW
9:45-10:30A AQUA FUN-JANE DW
12:30- 1:30P AQUA 30/30-CHASE SHALLOW/DW
6:00- 7:00P RUNNING UNIVERSITY-AQUA
RUNNING-CHASE DW

FRIDAY

7:00- 7:45A AQUACISE-LAWRENCE
8:00- 8:45A AF-JUDY *
8:45- 9:30A AQUACISE-LAWRENCE
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11:00-11:45A AQUACISE-CHASE DW