

March 2023

All classes are free to members unless noted otherwise.

Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15 AM – 9:10 AM Pilates Reformer Jenny Armstrong	9:00 AM – 10:15 AM Gentle Yoga Connie Ciulla	8:15 AM – 9:10 AM Pilates Reformer Jenny Armstrong			
9:00 AM – 9:55 AM Mat Pilates Stacey Fisk	9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong		9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong	9:00 AM – 9:55 AM Gentle Yoga Kate Schaefer		10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
10:40 AM – 11:40 AM Pilates Reformer Maryam Paydarfar	10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong	10:40 AM – 11:40 AM Pilates Reformer Maryam Paydarfar	10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong	10:00 AM – 10:55 AM Mat Pilates Jenny Armstrong	10:00 AM – 11:15 AM Slow Flow Yoga Connie and Kate	
	5:00 PM – 5:55 PM Zumba Stacey Fisk		5:00 PM – 5:55 PM Zumba Liza Fredrickson			
	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills		6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			

Aquatic Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	6:30 AM – 8:30 AM Masters Swim Barbara Hummel	
6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM S'WET Kathleen Danforth	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM S'WET Kathleen Danforth	7:30 AM – 8:25 AM Essentials with Sue Sue Belisle	7:30 AM – 8:15 AM Splash HIIT Kathleen Danforth	7:30 AM – 8:25 AM Masters Swim Barbara Hummel
7:30 AM – 8:25 AM Essentials with Sue Sue Belisle		7:30 AM – 8:25 AM Essentials with Sue Sue Belisle	9:00 AM – 10:00 AM Masters Swim Signe Linville			9:45 AM – 10:45 AM Masters Swim Barbara Hummel
9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:00 AM Masters Swim Signe Linville	10:15 AM – 11:10 AM Aqua Zumba Stacey Fisk	10:00 AM – 10:55 AM Water Volleyball Brandon Thibodeau	9:00 AM – 9:55 AM Essentials with Sue Sue Belisle		
10:00 AM – 10:55 AM Deep Water Variations Stacey Fisk	11:00 AM – 11:55 PM Water Volleyball Alan Hernandez	10:00 AM – 10:55 AM DW Variations Garrett Wilson	11:00 AM – 11:50 AM Splash HIIT Signe Linville	11:00 AM – 11:55 PM Water Volleyball Alan Hernandez		
11:30 AM – 12:25 PM Splash HIIT Signe Linville	11:15 AM – 12:05 PM Splash HIIT Signe Linville	11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	12:00 PM – 12:50 PM Splash HIIT Signe Linville			
11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	12:15 PM – 1:05 PM Splash HIIT Signe Linville	12:15 PM – 12:40 PM Mahi in Water Maryam Paydarfar		12:00 PM – 12:55 PM DW Variations Garrett Wilson		
6:00 PM – 6:55 PM Aqua Zumba Stacey Fisk	5:30 PM – 6:25 PM S'WET Kathleen Danforth	5:00 PM – 5:55 PM H2O to Go Stacey Fisk	5:30 PM – 6:25 PM S'WET Kathleen Danforth			
6:45 PM – 7:45 PM Masters Swim Barbara Hummel	6:05 PM – 7:05 PM Masters Swim Barbara Hummel	6:15 PM – 7:00 PM Adult Advance LTS Fee Based Class	6:05 PM – 7:05 PM Masters Swim Barbara Hummel			

SPECIAL NOTES FOR MEMBERS/GUESTS

Reservations are no longer needed in the Fitness Center, Warm Water Pool, and Splash Park.

Splash Water Park features are not on during swim lessons or water aerobic classes. PLEASE PLAN ACCORDINGLY.

Pools close 15 minutes early

Reservations will be taken for lap swimming, masters lanes and group fitness classes. Visit our website UVACswim.org for reservations and a guide of how to reserve a spot.

Sauna is open for three people at a time with a ten-minute limit.

PLEASE BE AWARE
*****NEW! MASKS ARE NOW OPTIONAL!*****
See COVID Protocols before you visit:
<https://uvacswim.org/covid-19-protocols/>

LEGEND

Land Classes and Programs

Fee Based Classes

Group Cycling

Mind Body Classes and Programs

Warm Water Classes and Programs

Competition Pool Classes and Programs

LOCATIONS

Group Exercise Studio

Class Specific Locations

Cycling Studio

Mind Body Studio

Warm Water Pool

Competition Pool Classes and Programs