

Rockville Swim and Fitness Center

Winter I 2026 Land Fitness Classes (January 3 – February 20)

Instructors subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15am Chair Yoga 38962 Patricia	6:30-7:30am Adv. Bootcamp 38935 Mimi	9:15-10:15am Yin Yoga 38982 Patricia	6:30-7:30am Adv. Bootcamp 38944 Mimi	9:15-10:15am Beg. Bootcamp 38947 Naim	9:30-10:30am Gentle Yoga 38966 Ishani	9:45-10:45am Yoga Flow 38964 Glynn
12:00-1:00pm Cardio Kickbox 38925 Regina	9:15-10:15am Gentle Yoga 38973 Patricia	12:00-1:00pm Strength/Stretch 38986 Benji	9:15-10:15am Core Yoga 38970 Patricia	12:00-1:00pm Strength/Stretch 38988 Neal	10:40-11:40am Yoga 4 Teens 39049 Glynn	11:00-12:00pm Yin Yoga 38961 Glynn
5:45-6:45pm Beg. Bootcamp 38936 Chelsa	12:00-1:00pm Pilates 38980 Maria	5:45-6:45pm Beg. Bootcamp 38941 Mimi	12-1pm Burn! 38950 Carlos	12-1pm Pilates 38971 Maria	5:45-6:45pm Beg. Bootcamp 39488 David	12:00-12:50pm Kids Bootcamp 38924 Neal
7:00-8:00pm Teen Fit 38939 Mimi	5:45-6:45pm Kid Fit Yoga 38974 Neal	7:00-8:00pm Yoga 4 Athletes 38972 Patricia	6:00-7:00pm Cardio Kickbox 38951 Regina	7:00-8:00pm Yoga Flow 39483 Ishani		
	7:00-8:00pm Gentle Yoga 38979 Neal		7:00-7:50pm Zumba Fit 38949 Karen			

2026 Drop-in Rates:

Yoga/Pilates classes: \$17

Other land fitness classes: \$14

Register using the QR Code or our website!

www.rockvillemd.gov/registration



Rise Together