

# Rockville Swim and Fitness Center

## Winter II 2026 Land Fitness Classes (February 23 - April 19)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9:15-10:15am</b> Chair Yoga 38969 <b>Patricia</b>	<b>9:15-10:15am</b> Gentle Yoga 38976 <b>Patricia</b>	<b>9:15-10:15am</b> Yin Yoga 38968 <b>Patricia</b>	<b>6:30-7:30am</b> Adv. Bootcamp 38952 <b>TBD</b>	<b>9:15-10:15am</b> Beg. Bootcamp 38926 <b>Naim</b>	<b>9:30-10:30am</b> Gentle Yoga 38957 <b>CANCELLED</b>	<b>9:45-10:45am</b> Yoga Flow 38959 <b>Glynn</b>
<b>12:00-1:00pm</b> Cardio Kickbox 38953 <b>Regina</b>	<b>12:00-1:00pm</b> Pilates 38981 <b>Maria</b>	<b>12:00-1:00pm</b> Strength/Stretch 39257 <b>CANCELLED</b>	<b>9:15-10:15am</b> Core Yoga 38958 <b>Patricia</b>	<b>12:00-1:00pm</b> Strength/Stretch 39258 <b>Neal</b>	<b>12:00-12:50pm</b> Kids Bootcamp 40398 <b>David</b>	<b>11:00-12:00pm</b> Yin Yoga 38968 <b>Glynn</b>
<b>5:45-6:45pm</b> Beg. Bootcamp 38945 <b>Chelsa</b>	<b>5:45-6:45pm</b> Kid Fit Yoga 38975 <b>Neal</b>	<b>5:45-6:45pm</b> Beg. Bootcamp 38955 <b>Victoria</b>	<b>12:00-1:00pm</b> Burn! 38928 <b>Carlos</b>	<b>5:45-6:45pm</b> Beg. Bootcamp 39489 <b>David</b>		
<b>7:00-8:00pm</b> Teen Fit 38956 <b>Neal</b>	<b>7:00-8:00pm</b> Gentle Yoga 38967 <b>Neal</b>	<b>7:00-8:00pm</b> Yoga 4 Athletes 38977 <b>Patricia</b>	<b>6:00-7:00pm</b> Cardio Kickbox 38930 <b>Regina</b>			
			<b>7:05-7:50pm</b> Zumba Fit 38937 <b>Karen</b>			

### 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](http://www.rockvillemd.gov/registration)



Rise Together

## Class Descriptions:

**Advanced Bootcamp:** Incorporates drills designed to enhance agility, power, strength and speed. Workout in a team environment while challenging yourself to reach your fitness goals. Bring a water bottle and a mat for some floor exercises.

**Beginner Bootcamp:** Reduce body fat, increase cardiovascular stamina and tone muscle in a team environment designed to introduce new boot campers to the skills and drills of the advanced class. Workouts can be modified to increase or decrease intensity. Bring a water bottle and a mat for some floor exercises.

**Burn:** Rev up your metabolism with this energizing, total-body workout. Perfect for all ages and fitness levels, this class combines lunges, squats, pushups, plus free weights, medicine balls and resistance bands to supercharge calorie burn in just 60 minutes. Get stronger, feel empowered and leave feeling amazing.

**Cardio Kickbox:** Tired of your normal routine? Interested in something new? Shape up with boxing, martial arts and aerobics combined. This total-body workout helps increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes. Bring a water bottle and a mat for floor exercises.

**Chair Yoga:** Learn basic yoga poses and stretches to help you stay flexible and increase your mobility. Gentle cardio and breathing exercises will enhance your vitality and well-being. Seated yoga helps strengthen muscles to help your balance while it teaches you ways to feel calm and centered.

**Core Yoga:** Strengthen your core and develop healthy back muscles with this fun, fast, energetic Hatha yoga workout. Target abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment. Bring a mat and wear comfortable clothing.

**Gentle Yoga:** This gentle yoga workout provides modifications to traditional yoga postures without losing physical benefits. Conducted at a comfortable pace, gentle yoga uses props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

**Kid Fit Yoga:** Did you know yoga can increase focus and concentration, in addition to improving strength, flexibility and body awareness? This class introduces a combination of partner and group games, fitness challenges and yoga. Bring a yoga mat; wear comfortable clothes. Appropriate for ages 8-12.

**Pilates:** Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. Focus on increasing flexibility and balance while working on stability, strength and awareness of the core.

**Strength/Stretch:** Strength training exercises for all major muscle groups with stretching techniques to improve flexibility, muscle tone and overall fitness. Suitable for all fitness levels, from beginners to experienced athletes. Modifications available to accommodate varying abilities. Bring a mat; wear comfortable clothing.

**Teen Fit:** Basic strength training, cardiovascular conditioning and stretching exercises are included in this fast-paced class. Increase your overall fitness or support your sport-specific training. Bring a water bottle and a mat for some floor exercises. Ages 12-16.

**Yin Yoga:** Yin Yoga is a slow-paced practice focused on connective tissues, tendons, fascia and ligaments, aimed at increasing joint mobility and improving flexibility. This practice is a gentle and relaxing all-level class. Most stretches and poses are mat-based and tend to be held for longer periods of time. Bring a yoga mat, block and strap.

**Yoga Flow/Yoga 4 Athletes:** Flow from one pose to the next through linked postures. A multilevel class, but yoga experience is encouraged. Bring a mat and wear comfortable clothing.

**Zumba:** Sculpt and tone your entire body during this fun and effective cardio dance workout. While intended as an introduction to the easy Latin- and international-inspired program, this high-energy, low-impact class has something to offer all fitness levels.