

ADULT FITNESS

at Round Hill Aquatic Center

Land based YOGA– Iyengar based program to develop a deeper awareness of breath, refine your alignment, balance, stability and focus.

Saturdays: 9:30am– 10:30am

Tuesdays & Thursdays: 9:00am– 10:00am

*Students are asked to bring a yoga mat to class

AquaFit– Moderate intensity class with cardio, strength balance and stretching components.

Tuesdays & Thursdays: 10:30am– 11:30am

Aqua Bootcamp– A vigorous workout using the properties of water and pool accessories to train without joint strain. Improve endurance, strengthen core, heart, and lungs.

Saturdays: 8:00am– 9:00am

Mondays & Wednesdays: 6:00pm– 7:00pm

Adult Fitness Punch Card

10 Classes/\$80 (one punch per class attended) *Punch card is good only at RHAC

Drop-In- \$10 per class



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