

# STAY IN SHAPE AT ROUND HILL



Complimentary 30-min stretch class  
available Wednesday - Sunday at 4pm

Rates:  
Yoga - \$27.50  
Sculpting - \$22.00  
Aerobics - \$22.00  
Core Body Blend - \$22.00

*Complimentary use of the fitness centre is available for in-house guests.*

Call ext. 7001 or 5103 to make a reservation.

## Fitness Classes

### Sunday

9:00am - Yoga  
10:30am - Sculpting  
12:00pm - Step Aerobics

### Monday

9:00am - Yoga  
10:30am - Sculpting  
12:00pm - Core Body Blend

### Tuesday

No class

### Wednesday

9:00am - Yoga  
10:30am - Sculpting  
12:00pm - Step Aerobics

### Thursday

9:00am - Yoga  
10:30am - Sculpting  
12:00pm - Core Body Blend

### Friday

9:00am - Yoga  
10:30am - Sculpting  
12:00pm - Step Aerobics

### Saturday

9:00am - Yoga  
10:30am - Sculpting  
12:00pm - Core Body Blend

