

# Adult...exercise

## GROUP FITNESS PUNCH CARD

Winter - January 30 - March 24

#18434, 16 classes, \$74(R)/\$88.80(N)  
#18436, 24 classes, \$97(R)/\$116.40(N)  
#18438, Buy a Punch, \$5(R)/\$6(N) each/5 punch min.

Spring - April 2 - May 26

#18435, 16 classes, \$74(R)/\$88.80(N)  
#18437, 24 classes, \$97(R)/\$116.40(N)  
#18439, Buy a Punch, \$5(R)/\$6(N) each/5 punch min.

\*Daily walk-in \$6(R)/\$7.20(N)

## YOGA-PILATES PUNCH CARD

Winter - January 30 - March 22

#18440, 8 classes, \$69(R)/\$82.80(N)  
#18442, 16 classes, \$119(R)/\$139(N)  
#18444, Buy a Punch, \$9(R)/\$10.80(N) each/5 punch min.

Spring - April 2 - May 24

#18441, 8 classes, \$69(R)/\$82.80(N)  
#18443, 16 classes, \$119(R)/\$139(N)  
#18445, Buy a Punch, \$9(R)/\$10.80(N) each/5 punch min.

\*Daily walk-in \$10(R)/\$12(N)

No classes March 25 - April 1 - 1 Week Spring Break

**The more punches you buy...  
the more \$ you SAVE!**

## GROUP FITNESS PUNCH CLASSES

**Cardio-Conditioning** 2 workouts in one! 1/2 combines high/low aerobic activity, the other concentrates on muscle conditioning.

**Core Conditioning (Intermediate)** Sculpt your midsection as you improve your body's overall strength, balance & coordination. Weights & resist a ball will be used.

**Exercise 101 (Beginner)** Back to basics to get you moving again. Be fit, be strong, be active. Proper form & body alignment emphasized. Tailored to your physical ability.

**Step-Mixx (Intermediate)** Combine cardio training & muscular strength & endurance using a variety of equipment (step, dumbbells, tubing & exercise ball)

**Work IT! (Intermediate/Advanced)** - Want a challenge? Try this class. It's up to you how hard you work. Every class is different. We use a variety of weights, body bars, tubes & ball as well as step & hi-lo aerobics including jump rope. Come & do a few "jacks" or keep it low. Challenge yourself with an 18 lb. body bare or a 9 pounder. Jump rope or walk..it's up to you. However, the instructor will urge you to work harder. Get 90 min. of fun for 1 punch.

**TBT...Total Body Tune-Up** A total body tune up is what you'll get in this combo class that starts with a cardio workout, strength work for the muscles & a fabulous stretch to finish up.

**Vegas Jackpot** What happens in class, stays in class! Could be aerobics, salsa, core or maybe hit the jackpot with pilates!

**Cardio-Dance-Strength** Easy to learn dance moves provide the perfect combination of cardio & strength training.

**Strength & Stretch After 50 (Beginner)** Designed for exercisers wanting an easy format; class will increase your range of motion, endurance, flexibility & strength.

## YOGA-PILATES PUNCH CLASSES

**Pilates-Yoga** Class covers the basics of Joseph H. Pilates whole body exercise method. Pilates increases core strength, flexibility, circulation & balance. It tones the body as it relieves stress. Get the best of yoga & pilates in this unique class.

**Fitness Pilates** Utilize & strengthen your "powerhouse" deep abdominal muscles, obliques & lower back. Class combines the movements of pilates with traditional fitness.

**Hatha Yoga 1** All yoga stems from this traditional form. Explore a series of basic poses allowing you to create the pose based on your own body's readiness. Focus is on awareness as well as alignment. Teachers lead you 1 pose at a time. You're encouraged to use props as needed to enhance your experience.

**Hatha Yoga 2** For students who already know basic proper alignment & are ready to perform more intermediate poses. Teacher guides you through poses encouraging less use of props & providing fewer hands on adjustments. For the best experience, we suggest participating in Hatha Yoga I prior to taking this class.

**Vinyasa Yoga** Breathing is synchronized with graceful, flowing poses. Each pose flows one into the next at a relaxing, yet invigorating pace. **(Intermediate)**

# Adult...exercise

A multitude of programs to choose. Whatever your level of fitness...or whatever level you'd like to get to, we have the right fitness classes for you! Three different options to choose from.

1. **NON-SHADED** classes below are available to **GROUP FITNESS PUNCH CARD HOLDERS**
2. **SHADED** classes below are available to **YOGA-PILATES PUNCH CARD HOLDERS**
3. **CIRCLED** classes below are available for a separate fee & individual registration (pg 30. )

Program fees & course descriptions on pages 28 & 30.

All classes meet at Weiss Com. Center except Hatha Yoga 2 meets at 550 Business Ctr. Dr., Mt. Prospect

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TBT 8-9am Yolanda		TBT 8-9am Yolanda	Exercise 101 8:15-9:15am Lida	Vegas Jackpot 8-9am Yolanda	Work IT! 90 Min. Challenge 7:30-9 am Karen
Cardio-Dance- Strength After 50 9:30-10:30am Peggy		Pilates-Yoga 9:15-10:15am Robin	Vinyasa Yoga 9:30-10:30am Mitra	Strength & Stretch After 50 10:30-11:30am Peggy	Step/Mixx 9-10 am ← Lida
	Exercise 101 9-10am Lida	Foot Massage 11-Noon Feb 8 Robin		<p><i>SHADED classes</i> are Yoga-Pilates Punch Card classes.</p> <p><i>NON-SHADED classes</i> are Group Fitness Punch Card classes.</p> <p><i>CIRCLED classes</i> are separate fee &amp; separate registration, see page 30.</p> <p>- <i>Punch cards are only valid for the session they were purchased for.</i></p> <p>- <i>You MUST present your card to instructor every time you attend class.</i></p> <p>- Classes with low attendance will be cancelled after 2nd week.</p> <p>- Lost or stolen cards cannot be replaced.</p> <p>- <i>Cards are only valid for the person listed on the card...cards cannot be shared.</i></p> <p>- RTPD reserves the right to remove any class from the schedule with consistently low attendance.</p> <p>Yoga-Pilates Punch cards are only valid for shaded classes.</p> <p>Group Fitness Punch cards are only valid for non-shaded classes.</p>	
	Fitness-Pilates 5:15-6:15pm Yolanda		Foot Massage 5-6pm Apr 5 Robin		
Hatha Yoga 1 6-7pm Janice		Hatha Yoga 2 6-7pm Janice 550 Bus.Ctr.Dr.	Core Conditioning 6-7pm Yolanda		
	Work IT! 90 Min. Challenge 6:30-8pm Karen				
Cardio- Conditioning 7:05-8:05pm Lida		Step/Mixx 7-8pm Lida			
Zumba Toning 8:15-9:15pm Ofelia			Zumba 7:15-8:15pm Ofelia		

**\*\*COUPON\*\***

Bring a friend to 1 class FREE...or try 1 class yourself for FREE if you're not sure you're ready to buy a punch card!

Valid thru May 26, '12, 1 use per person,  
Original Coupon Only

## Personal Training

Private & partner training available.  
Contact Yolanda at 847-255-1200 for more information, rates & to schedule appointments with our personal trainer.