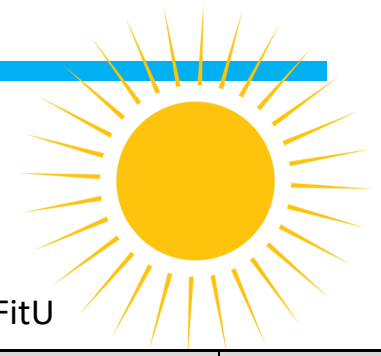


Summer Session 2022

Fitness, Yoga & WeFitU Class Schedule



■ Aqua
 ■ Group Fitness
 ■ Yoga
 ■ WeFitU

Mon	Tues.	Wed	Thurs	Fri	Sat	Sun
6-7am Deep Water Karen	6-7am WeFitU	6-7am Deep Water Karen	6-7am WeFitU	6-7am Deep Water Karen	7:15-8:15am WeFitU	8:30-9:30am Deep Water Karen
8-9am Pilates Darleen	8-9am Barre Fusion Sylvia	8-9am Fab Fit Fun Sylvia	8-8:50am Yoga Express Ellen	8-9am Core Conditioning Yolanda	8:15-9:15am Step Interval Lida	9:45-10:45am Deep Water Karen
9:15-10:15am Drums & Tones Lida	9:10-10:10am Gentle X Lida	9:15-10:15am Power Hour Mike	9:10-10:10am Gentle X Lida	9:15-10:15am Pilates Sylvia	9:30-10:30am Yoga Flow Janice	
			9:15-10:05am Aqua Yoga Penny		Deep Water 8:30-9:30 Karen	
	10:30-11:30am WefitU	10:45-11:45am Yoga for Dynamic Aging Ellen	10:30-11:30am WefitU		Aqua Cardio Combo 9:45-10:45am Karen	
Aqua Motion 10:45-11:45am Joyce	Aqua Cardio Combo 10:45-11:45am Karen	Aqua Motion 10:45-11:45am Joyce	Aqua Cardio Combo 10:45-11:45am Karen	Deep/Shallow 10:45-11:45am Joyce/Karen	10:45-11:45am WeFitU	
5:00-6:00pm Cardio Plus Lida						
6-7pm WeFitU	6-7pm Work IT Karen/Lida	6-7pm WeFitU	6-7pm KB Cardio & Strength Karen			
6-7pm Back to Nature Yoga Janice *@Burning Bush		6-7pm Back to Nature Yoga Janice *@Burning Bush	7:10-8:10 Buti Yoga Series Penny			



Exercise is a celebration of what the body can do

Summer Session: June 6-August 27

Aqua: June 13-August 14

More Information visit RTPD.ORG or Call 847-255-1200