

Winter 2023

❖ Fitness, Yoga & WeFitU Class Schedule

Mon	Tues.	Wed	Thurs	Fri	Sat
	6-7am WeFitU		6-7am WeFitU		7:15-8:15am WeFitU
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
9:15-10:15am 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
	10:30-11:30am WefitU		10:30-11:30am WefitU		10:45-11:45am WeFitU
5:30-6:30pm Cardio Plus Lida *north room	5:00-5:50pm Roll & Release Ellen	6-7pm WeFitU *The Zone		<p>Time for me in '23</p> <p>Mind. Body. Spirit</p> 	
6-7pm WeFitU *The Zone	6:00-7:00pm Cardio Plus Karen	6-7pm Yoga Flow Janice	6-7pm Kettle Bell Cardio & Strength Karen		
6-7pm Yoga Flow Janice			7:15-8:15 Buti Yoga Penny		

Winter/Spring Session: January 2 – June 3

**More Information & class descriptions visit RTPD.ORG or
Call 847-255-1200**

Punch Card	Drop In	7 Punches	14 Punches	28 Punches	Unlimited
Group X	\$7R/\$9N	\$45R/\$52N	\$84R/\$99N	\$154R/\$164N	\$240R/\$260N
Yoga	\$11R/\$13N	\$70R/\$82N	\$135R/\$155N	\$240R/\$260N	\$300R/\$320N

Punch Card	Drop In	3 Classes	6 Classes	12 Classes	Unlimited
WeFitu	\$40R/\$48N	\$105R/\$125N	\$195R/\$215N	\$360R/\$380N	n/a
	*Expires 1 Year	*Expires 30 Days	*Expires 45 Days	*Expires 60 Days	