Summer Fitness Class Schedule

RIVER TRAILS
PARK DISTRICT

Group Fitness. Yoga. WeFitU Classes: June 5-August 27
Aqua Classes: June 10-August 13

Mondays
6-7 am: Deep Water Instructor: Karen
8-9 am: Pilates Instructor: Darleen
9:15-10:15 am: Drums & Tones Instructor: Lida
10:45-11:45 am: Aqua Motion Instructor: Joyce
5:30-6:30 pm: Cardio Plus Instructor: Lida
6-7 pm: WeFitU
6-7 pm: Yoga Instructor: Janice

Tuesdays
6-7 am: WeFitU
8-9 am: Barre Fusion Instructor: Sylvia
9:10-10:10 am: Gentle X Instructor: Lida
9:15-10:15 am: Aqua Yoga Instructor: Penny
10:30-11:30 am: WeFitU
10:45-11:45 am: Aqua Cardio Combo Instructor: Karen
4:45-5:45 pm Roll & Release Instructor: Ellen
6-7 pm: Cardio Plus Instructor: Karen

Wednesdays
6-7 am: Deep Water Instructor: Karen
8-9 am: Fab Fit Fun Instructor: Sylvia
9:15-10:15 am: Power Hour Instructor: Mike
10:45-11:45 am: Aqua Motion Instructor: Joyce
5:30-6:30 pm: Cardio Plus Instructor: Lida
6-7 pm: WeFitU
6-7 pm: Yoga Instructor: Janice

Thursdays
6-7 am: WeFitU
8-8:50 am: Yoga Express Instructor: Ellen
9:10-10:10 am: Gentle X Instructor: Lida
10:30-11:30 am: WeFitU
10:45-11:45 am: Aqua Cardio Combo Instructor: Karen
6-7 pm: KB Cardio & Strength Instructor: Karen
7:15-8:15 pm: Buti Yoga Instructor: Penny

Fridays
6-7 am: Deep Water Instructor: Karen
8-9 am: Core Conditioning Instructor: Yolanda
9:15-10:15 am: Pilates Instructor: Sylvia
10:45-11:45 am: Deep/Shallow Instructor: Joyce/Karen

Saturdays
7:15-8:15 am: WeFitU
8:15-9:15 am: Step Interval Instructor: Lida
9:30-10:30 am: Yoga Flow Instructor: Janice
8:30-9:30 am: Deep Water Instructor: Karen
9:45-10:45 am: Aqua Cardio Combo Instructor: Karen
10:45-11:45 am: WeFitU

Sundays
8:30-9:30 am: Deep Water Instructor: Karen
9:45-10:45 am: Aqua Cardio Combo Instructor: Karen

Group Fitness Class Location: Weiss Community Center

Yoga Class Location: Weiss Community Center

Aqua Class Location: Woodland Trails Pool

WeFit U Class Location: Weiss Community Center & The Zone

Special Aqua Classes July 31-August 9th
Mondays: 5:15-6:15 pm: Aqua Fit Instructor: Karen
Tuesdays: 5:15-6:15 pm: Aqua Motion Instructor: Joyce
Wednesdays: 5:15-6:15 pm: Deep Water Instructor: Karen

For class descriptions and more information visit www.rtpd.org or call 847.255.1200

RIVER TRAILS PARK DISTRICT