

Fitness

Fitness & Yoga

River Trails Park District offers a variety of workout classes appropriate for all fitness levels. Whether you're just getting started or have been exercising a long time, you will have the opportunity to improve your strength, balance, endurance, agility, and flexibility. The Group Fitness and Yoga Punch Cards are valid from January 8-June 8 and offer you the flexibility of participating in any of the classes offered during the session. Ages 16 & up

Punch Cards | January 8-June 8

Group Exercise and Yoga are held at Weiss Community Center (unless noted)

Punch Card Type	Drop In	7 Punches	11 Punches	22 Punches
Group Exercise	\$10R/\$12N	\$56R/\$67N	\$83R/\$99N	\$154R/\$174N
Yoga	\$13/\$15	\$84R/\$100N	\$110R/\$130N	\$220R/240N

Group Fitness Unlimited Punch Cards

Group Fitness offers seasonal unlimited passes allowing you to attend an unlimited amount of classes for that season.

Punch Card Type	Dates	Unlimited
Winter Unlimited	January 7-March 23	\$198R/\$218NR
Spring Unlimited	March 25-June 8	\$198R/\$218NR

Group Fitness. Yoga. WeFitU.

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



Mondays

8-9 am: Pilates Instructor: Darleen

9:15-10:15 am: Drums & Tones Instructor: Lida

5:30-6:30 pm: Cardio Plus Instructor: Lida

6-7 pm: WeFitU (Zone)

6-7 pm: Yoga Instructor: Janice

Tuesdays

6-7 am: WeFitU (Zone)

8-9 am: Barre Fusion Instructor: Sylvia

9:10-10:10 am: Gentle X Instructor: Lida

10:30-11:30 am: WeFitU (Weiss)

4:45-5:45 pm Roll & Release Instructor: Ellen

6-7 pm: Cardio Plus Instructor: Karen

Wednesdays

8-9 am: Fab Fit Fun Instructor: Sylvia

9:15-10:15 am: Power Hour Instructor: Mike

6-7 pm: WeFitU (Zone)

6-7 pm: Yoga Instructor: Janice

Thursdays

6-7 am: WeFitU (Weiss)

8-8:50 am: Yoga Express Instructor: Ellen

9:10-10:10 am: Gentle X Instructor: Lida

10:30-11:30 am: WeFitU (Weiss)

6-7 pm: KB Cardio & Strength Instructor: Karen

Fridays

8-9 am: Core Conditioning Instructor: Yolanda

9:15-10:15 am: Pilates Instructor: Sylvia

Saturdays

7:15-8:15 am: WeFitU (Weiss)

8:15-9:15 am: Step Interval Instructor: Lida

9:30-10:30 am: Yoga Flow Instructor: Janice

10:45-11:45 am: WeFitU (Weiss)