

Fitness

Aqua Classes, Group Fitness. Yoga. WeFitU.

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



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: Elle

6-7 pm: Work IT, Instructor: Karen/Lida

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: Yoga for Dynamic Aging,
Instructor: Ellen

10:45-11:45 am: Aqua Motion, Instructor: Joyce

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

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

8:30-9:30 am: Deep Water, Instructor: Karen

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

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