



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

10:30-11:30 am: Cardio Combo, Instructor: Lida

4:30-7 pm: WeFitU (zone)

6-7 pm: Vinyasa Flow 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: Lida

Wednesdays

8-9 am: Fab Fit Fun, Instructor: Sylvia

9:15 - 10.am: Yoga Chair, Instructor: Janice

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

10:45-11:45 am: Yoga Strength & Stability, Instructor: Ellen

4:30-7 pm: WeFitU (Zone)

6-7 pm: Vinyasa Flow 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: Cardio, Kettle & Strength, Instructor: Mike

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: Vinyasa Flow Yoga Flow, Instructor: Janice

Prices, dates, and times listed in the brochure may have changed since being published. Community Pass Registration will reflect the correct program and/or event information.

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