

CRPD Fitness Class Descriptions:

BootCamp – A total body work-out to improve cardio stamina and build muscle using body weight, weights, resistance bands, battle ropes and more – leave no muscle behind! Break past your personal boundaries in a positive, supportive environment regardless of your skill level. No class is ever the same!

Teen FitCamp – Created for teens ages 13-18. This is a team building class of strength and conditioning designed for student athletes geared to build speed, agility and stamina.

Total Body Conditioning – Mix-up of cardio and strength using steps, weights and bands all set to the tempo of motivating music.

StepSculpt – This class uses a fitness step to create a great cardio workout paired with total body sculpting exercises.

Zumba – Zumba is a combination of Latin rhythms and fun international dance steps. You'll learn to love working out through dance with this upbeat class also known as a "workout in disguise"!

CardioKick – A high energy, stress relieving workout! Kick and punch it into high gear and be prepared to sweat.

Yoga – Blending movement and breath for an ultimate mind-body workout. Whether you get sweaty or go mellow, you'll get a workout to help incorporate balance, strength and flexibility.

BootyBarre – A class that incorporates the fluidity of Ballet, the flexibility of Yoga, and the core strengthening of Pilates with an emphasis on the glute muscles.

Circuit Interval – Move through different workout stations in this circuit training class in timed rounds that incorporate cardio and weight training.

Total Body Training – Burn fat and tone your body with this blend of cardio and strength training using a variety of equipment like steps, resistance bands and weights.

Hula Hoop Fitness -- A low impact/high cardio hula hoop based workout that includes coordination building, core strengthening and body weight exercises.

Piloxing - A non-stop, cardio fusion of standing Pilates, boxing and dance that will push you past your limits. Piloxing is a high-energy interval workout that uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates.