

Classes effective
January 1, 2018

CRPD FITNESS PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rise and Shine Express					
	H.I.I.T 5:00-5:45 am Dee		H.I.I.T 5:00-5:45 am Dee		
Morning/Mid-Morning Classes					
CardioKick 9:00-9:50 Christine		StepSculpt 8:30-9:30 Nancy		Zumba 8:30-9:30 Dee/Lizzie	Total Body Conditioning 8:30-9:30 am Dee
	BootCamp 9:30-10:30 Dee	Piloxing 9:40-10:40 Christina	BootCamp 9:30-10:30 Dee	BootyBarre 9:40-10:40 Christine	
BootyBarre 10:00-11:00 Christine		Yoga 10:00-11:00 Jan		Yoga 10:00-11:00 Jan	
Evening Classes					
Zumba 5:30-6:30 Lizzie	Piloxing 5:30-6:30 Christina	Circuit Interval 5:30-6:30 Amanda	Total Body Training 5:30-6:30 Rhonda	The FitPass provides full access to all fitness classes offered. FitPass Packages offered: 30 day unlimited access-\$60 5-Class FitPass-\$35 12-Class FitPass-\$72 24-Class FitPass-\$120 Not ready to commit? Drop-in for \$8	

*New FitPasses can be purchased from 8:30am-4:30pm at
437 Pilgrim Mill Rd. Cumming, GA 30028 (770)781-2030*

Once purchased, all renewals can be made online at www.CRPDOnline.com

***Our fitness program goal is to help you find fun in fitness
balanced with a challenging total body workout in a family friendly atmosphere.***