

Summer 2019

CRPD FITNESS PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rise and Shine Express					
	H.I.I.T. 5-5:45 AM Dee		H.I.I.T. 5-5:45 AM Dee		
Morning/Mid-Morning Classes					
	BootCamp 7:30-8:30 Dee *New time		BootCamp 7:30-8:30 Dee *New time		Total Body Conditioning 8:30-9:30 Dee
Yoga for Runners 8:00-8:55 Shanna *New Class		StepSculpt 8:30-9:30 Nancy		Zumba 8:00-8:55 Lizzie/Dee *New time	
CardioKick 9:00-9:50 Christine		Yoga 9:45-10:45 Nancy		Barrelates 9:00-9:55 Christine *New time	
Barre 10:00-11:00 Christine				Yoga 10:00-11:00 Nina	
Evening Classes					
Zumba 5:30-6:30 Lizzie	Please see back for a list of class descriptions.		Total Body Training 5:30-6:30 Rhonda	The FitPass provides full access to all fitness classes offered. FitPass Packages: 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 <i>Passes do not expire</i>	

FitPasses can be purchased from 8:30am-4:30pm at

437 Pilgrim Mill Rd. Cumming, GA 30040 (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.*



at Cumming Recreation and Parks Fitness