

CRPD Fitness Class Descriptions:

5am HIIT (high intensity interval training) 45 minute class that improves cardiovascular fitness and maximizes calorie burn. This workout offers a challenging, total body workout that starts and ends before the sun rises and life gets busy!

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!

Yoga for Strength - Runners, athletes, and yoga students alike will all benefit from this vinyasa based practice. Our focus will be building strength, flexibility, and balance in both body and mind.

Total Body Conditioning – High intensity intervals 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"!

CardioFusion – A high energy, stress relieving workout! A fusion of cardio and strength that challenges the beginner and elite athlete alike. Builds stamina, improves coordination and flexibility in a fun, challenging workout!

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.

Barre – A class that incorporates the fluidity of Ballet, the flexibility of Yoga, and the core strengthening of Pilates.

Barre/Pilates- A total-body sculpting class that blends light weight training with an emphasis of Pilates fused with Barre.

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

HIIT/Strength – Perfect blend of cardio to burn fat and increase endurance, with strength to build muscle and tone the body.

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