

October 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 | | | | | |
| | | StepSculpt 8:30-9:30 Nancy | | Zumba 8:30-9:30 Lizzie/Dee | Total Body Conditioning 8:30-9:30 Dee |
| CardioFusion 9:00-9:50 Christine | BootCamp 9:30-10:30 Dee | Yoga 9:45-10:45 Nina | BootCamp 9:30-10:30 Dee | Barre/Pilates 9:40-10:40 Christine | |
| Barre 10:00-11:00 Christine | New classes highlighted in yellow. Description of classes listed on back. | | | Yoga 10:00-11:00 Alex | |
| Yoga for Strength 10:00-11:00 Shanna | | | | | |
| Evening Classes | | | | | |
| Zumba 5:30-6:30 Lizzie | HIIT/Strength 5:45-6:45 Terry (Oct 8 th -Nov 21) | Low Impact Circuit 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: 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> | |
| Yoga 6:45-7:45 Elle | | HIIT/Strength 6:45-7:45 Terry (Oct 8 th -Nov 21) | HIIT/Strength 6:45-7:45 Terry (Oct 8 th -Nov 21) | | |

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 CRPD Fitness