

CRPD Fitness Class Descriptions:

HIIT (High Intensity Interval Training) Multiple variations of workouts that incorporate a mix of cardiovascular and strength training to maximize the ultimate calorie burn. This class offers a challenging, total body workout to help you build strength and endurance.

Indoor/Outdoor 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 Mix- Yoga Mix incorporates body weight and light aerobic exercises linked with yoga in a flowing series of poses that create strength, flexibility, endurance and balance. Suitable for all levels.

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.