

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.

BootCamp – A total body work-out to improve cardio stamina and build muscle. 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.

Yoga Mix It Up & Flow- 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.

StepSculpt – This class uses a fitness step to create a great cardio workout paired with weight training for a total body workout.

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!"

Cardio & Strength – 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!

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

Total Body Workout – 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. A great place to start!

Boys & Girls FitCamp- This class is designed for boys and girls ages 7-15. A fun class designed to help kids be active and understand the importance of investing in their health for a healthy lifestyle.