

# Summer CRPD FITNESS 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning/Mid-Morning Classes</b>					
	<b>HIIT Training</b> <b>5:15-6 AM</b> Dee		<b>HIIT Training</b> <b>5:15-6 AM</b> Dee		
<b>Cardio &amp; Strength</b> <b>8:45-9:45</b> Christina	<b>HIIT Training</b> <b>8:30-9:30</b> Dee	<b>StepSculpt</b> 8:30-9:30 Nancy	<b>HIIT Training</b> <b>8:30-9:30</b> Dee	<b>Zumba</b> 8:30-9:30 Lizzie	<b>BootCamp</b> 8:30-9:30 Dee
<b>Yoga for Strength</b> 10:00-11:00 Shanna	<b>Boys &amp; Girls FitCamp</b> <b>8:30-9:30</b> Terry	<b>Yoga Mix It Up &amp; Flow</b> 10:00-11:00 Brandi	<b>Boys &amp; Girls FitCamp</b> <b>8:30-9:30</b> Terry	<b>Yogalates</b> 10:00-11:00 Brandi	
Description of classes listed on back. For updated information on our Fitness Program, please be sure to follow us on our Facebook page at <b>CRPD Fitness</b> .					
<b>Evening Classes</b>					
<b>Zumba</b> 5:30-6:30 Lizzie	<b>*Highlighted indicates new change to schedule</b>		<b>Total Body Workout</b> 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>FitPasses do not expire</i>	
<p><i>First time FitPasses can be purchased from 8:30am-4:30pm at 437 Pilgrim Mill Rd. Cumming, GA 30040 (770)781-2030</i></p> <p><i>Once purchased, all renewals can be made online at <a href="http://www.CRPDonline.com">www.CRPDonline.com</a></i></p> <p><u><i>Our fitness program goal is to help you find fun in fitness balanced with a challenging total body workout in a family friendly atmosphere.</i></u></p>					

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