

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.

High Intensity Strength & Cardio A total body work-out to improve cardio stamina and build muscle. Break past your personal boundaries in a positive, supportive environment set to music tempo to motivate. 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!

SlowFlow Yoga Slow Flow is an opportunity for you to slow down by using slow steady breath, holding postures and transitioning smoothly. Each class focuses on strength, balance and flexibility for a well-rounded class.

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!