

# CRPD FITNESS 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning/Mid-Morning Classes</b>					
	<b>HIIT Training</b> <b>5-5:45AM</b> <b>Dee</b>		<b>HIIT Training</b> <b>5-5:45AM</b> <b>Dee</b>		
<b>Cardio &amp; Strength</b> <b>8:45-9:45</b> <b>Christina</b>	<b>HIIT Training</b> <b>8:30-9:30</b> <b>Dee</b>	<b>StepSculpt</b> <b>8:30-9:30</b> <b>Nancy</b>	<b>HIIT Training</b> <b>8:30-9:30</b> <b>Dee</b>	<b>Zumba</b> <b>8:30-9:30</b> <b>Lizzie</b>	<b>High Intensity Strength &amp; Cardio</b> <b>8:30-9:30</b> <b>Dee</b>
<b>Yoga for Strength</b> <b>10:00-11:00</b> <b>Shanna</b>		<b>Yoga Mix It Up &amp; Flow</b> <b>10:00-11:00</b> <b>Brandi</b>		<b>SlowFlow Yoga</b> <b>10:00-11:00</b> <b>Brandi</b>	
<b>Description of classes listed on back.</b> 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> <b>5:30-6:30</b> <b>Lizzie</b>			<b>Total Body Workout</b> <b>5:30-6:30</b> <b>Rhonda</b>	<b>The FitPass provides full access to all fitness classes offered.</b>  <b>FitPass Packages:</b> <b>30 day unlimited access-\$60</b> <b>5-Class FitPass-\$35</b> <b>12-Class FitPass-\$72</b> <b>24-Class FitPass-\$120</b>  <b>Not ready to commit?</b> <b>Drop-in for \$8</b>  <i>FitPasses do not expire</i>	
<b>First time FitPasses can be purchased from 8:30am-4:30pm at 437 Pilgrim Mill Rd. Cumming, GA 30040 (770)781-2030</b>  <b>Once purchased, all renewals can be made online at <a href="http://www.CRPDonline.com">www.CRPDonline.com</a></b>  <b><u>Our fitness program goal is to help you find fun in fitness balanced with a challenging total body workout in a family friendly atmosphere.</u></b>					

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