

CRPD FITNESS 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Morning/Mid-Morning Classes</i>					
	HIIT Training 5-5:45AM Dee		HIIT Training 5-5:45AM Dee		
Cardio & Strength 8:45-9:45 Christina	HIIT Training 9:30-10:30am Dee	StepSculpt 8:30-9:30 Nancy	HIIT Training 9:30-10:30am Dee	Zumba 8:30-9:30 Lizzie	Strength & Cardio Pump 8:30-9:30 Dee
Yoga for Strength 10:00-11:00 Shanna		Yoga Mix It Up & Flow 10:00-11:00 Brandi		SlowFlow Yoga 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 CRPD Fitness.					
<i>Evening Classes</i>					
Zumba 5:30-6:30 Lizzie	*Highlighted area indicates a new change in time/class/instructor		Total Body Workout 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>	
First time FitPasses can be purchased from 8:30am-4:30pm at 437 Pilgrim Mill Rd. Cumming, GA 30040 (770)781-2030 Once purchased, all renewals can be made online at www.CRPDOnline.com <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>					