



CRPD FITNESS 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning/Mid-Morning Classes					
*Highlighted area indicates change	HIIT Training 5:15-6:00 am Dee		HIIT Training 5:15-6:00 am Dee		
	Sunrise Yoga 7:30-8:15 am Jeanette	Description of all classes listed on back. For latest updates, follow us on Facebook at <i>CRPD Fitness</i>			
Core & More 9:00-9:45 Jeanette	HIIT Training 8:30-9:30 Dee Outdoor Kids FitCamp 8:30-9:30 Terry	StepSculpt 8:30-9:30 Nancy	HIIT Training 8:30-9:30 Dee Outdoor Kids FitCamp 8:30-9:30 Terry	Zumba 8:30-9:30 Lizzie	Strength & CardioPump 8:30-9:30 Dee
Yoga for Strength 10:00-11:00 Shanna		Yoga Mix & Flow 9:45-10:45 Nancy		Yoga 10:00-11:00 Sherrie	
Evening Classes					
Zumba 5:30-6:30 Lizzie			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

Our fitness program goal is to help you find fun in fitness balanced with a challenging total body workout in a family friendly atmosphere.

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.

Sunrise Yoga Start your day with a sense of peace, strength and energy with a blend of movement and breathing for the ultimate mind-body workout.

Outdoor Kids FitCamp Perfect environment for boys and girls to have fun in a safe, positive, and motivating environment while learning the basics of building a strong, healthy body. Appropriate for all fitness levels ages 6 and up.

Strength & CardioPump A total body workout to improve cardio stamina and build muscle. Break past your personal boundaries in a positive, supportive environment set to the tempo of music 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 & 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 will learn to love working out through dance with this upbeat class also known as a “workout in disguise!”

Core & More – 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 lightweights. A great place to start!

