

CRPD FALL FITNESS 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning/Mid-Morning Classes					
	HIIT Training 5-5:45AM Dee		HIIT Training 5-5:45AM Dee		
Core & More 9-9:50 Jeanette	HIIT Training 9:30-10:30 Dee	StepSculpt 8:30-9:30 Nancy	HIIT Training 9:30-10:30 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 9:45-10:45 Nancy		Yoga 9:45-10:45 Sherrie	

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**.

Evening Classes

			Total Body Workout 5:30-6:30 Rhonda	<p>The FitPass provides full access to all fitness classes offered.</p> <p>FitPass Packages: 30 day unlimited access-\$60 5-Class FitPass-\$35 12-Class FitPass-\$72 24-Class FitPass-\$120</p> <p>Not ready to commit? Drop-in for \$8</p> <p><i>FitPasses do not expire</i></p>
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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.

Strength & Cardio Pump A total body workout 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 will learn to love working out through dance with this upbeat class also known as a “workout in disguise!”

Core & More – A fusion of core and strength that improves coordination and flexibility in a fun, total body 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!