

# CRPD FITNESS 2023

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>Barre</b> <b>8:30-9:30</b> <b>Jeanette</b>		<b>StepSculpt</b> <b>8:30-9:30</b> <b>Nancy</b>		<b>Zumba</b> <b>8:30-9:30</b> <b>Lizzie</b>	<b>Strength &amp; Cardio Pump</b> <b>8:30-9:30</b> <b>Dee</b>
<b>Zumba</b> <b>9:30-10:30</b> <b>Lizzie</b>	<b>HIIT Training</b> <b>9:30-10:30</b> <b>Dee</b>		<b>HIIT Training</b> <b>9:30-10:30</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>9:45-10:45</b> <b>Nancy</b>		<b>Yoga</b> <b>9:45-10:45</b> <b>Sherrie</b>	

## 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

			<b>Total Body Workout</b> <b>5:30-6:30</b> <b>Rhonda</b>
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**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**

*FitPasses do not expire*

***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](http://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!”

**Barre** – This fun and effective class is a low impact, intense, full body strengthening and toning workout. A fusion of core and strength that improves coordination and flexibility in a fun, total body workout. All levels welcome!

**Yoga** - This class gives you an opportunity to slow down by using slow steady breathing, 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!