

# CRPD FITNESS 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning/Mid-Morning Classes</b>					
<b>*Highlighted classes indicate new classes</b>	HIIT Training 5-5:45 AM Dee		HIIT Training 5-5:45 AM Dee		
Barre 8:30-9:30 Jeanette	<b>30/30 Functional Strength &amp; Flexibility</b> 8:30-9:30 Anne	StepSculpt 8:30-9:30 Nancy	<b>30/30 Functional Strength &amp; Flexibility</b> 8:30-9:30 Anne	Zumba 8:30-9:30 Lizzie	Strength & CardioPump 8:30-9:30 Dee
Zumba 9:30-10:30 Lizzie	HIIT Training 9:30-10:30 Dee		HIIT Training 9:30-10:30 Dee		
Yoga for Strength 10:00-11:00 Shanna		Yoga Mix It Up & Flow 9:45-10:45 Nancy		<b>Yoga</b> 9:45-10:45 Jeanette	

## **Description of classes listed on back.**

Be sure to follow us on Facebook at **CRPD Fitness** for all updated information.

## **Evening Classes**

	<b>30/30 Functional Strength &amp; Flexibility</b> 5:30-6:30 Anne		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](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!

**30/30 Functional Strength and Flexibility-** This class combines strength and control to help improve body awareness, balance, and flexibility, and movement patterns. 30 minutes of strength using dumbbells, bands and body weight; 30 minutes of balance, stability and flexibility training. A complete whole-body workout that is tailored to where you are on your fitness journey.