

CRPD FITNESS 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning/Mid-Morning Classes					
*Highlighted classes indicate new classes	HIIT Training 5-5:45 AM Dee		HIIT Training 5-5:45 AM Dee		
Barre 8:30-9:30 Jeanette	30/30 Functional Strength & Flexibility 8:30-9:30 Anne	StepSculpt 8:30-9:30 Nancy	30/30 Functional Strength & Flexibility 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		Yoga 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					
	30/30 Functional Strength & Flexibility 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>	
<p><i>First time FitPasses can be purchased from 8:30am-4:30pm at 437 Pilgrim Mill Rd. Cumming, GA 30040 (770)781-2030</i></p> <p><i>Once purchased, all renewals can be made online at www.CRPDonline.com</i></p> <p><u><i>Our fitness program goal is to help you find fun in fitness balanced with a challenging total body workout in a family friendly atmosphere.</i></u></p>					

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.