


**SUMMER**

# CRPD FITNESS 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning/Mid-Morning Classes</b>					
*Highlighted times indicate time change effective May 30 <sup>th</sup> , 2023	HIIT Training 5:15-6 AM Dee		HIIT Training 5:15-6 AM Dee		
Barre 8:30-9:05 Jeanette		StepSculpt 8:30-9:30 Nancy		Zumba 8:30-9:30 Lizzie	Strength & CardioPump 8:30-9:30 Dee
Zumba 9:15-9:50 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	
<b>Description of classes listed on back.</b>					
Be sure to follow us on Facebook at <b>CRPD Fitness</b> for all updated information.					
<b>Evening Classes</b>					
			Total Body Workout 5:30-6:30 Rhonda	<b>The FitPass provides full access to all fitness classes offered.</b> <b>FitPass Packages:</b> <b>30 day unlimited access-\$60</b> <b>5-Class FitPass-\$35</b> <b>12-Class FitPass-\$72</b> <b>24-Class FitPass-\$120</b>  <b>Not ready to commit?</b> <b>Drop-in for \$8</b>  <b>FitPasses do not expire</b>	
<b>First time FitPasses can be purchased from 8:30am-4:30pm at 437 Pilgrim Mill Rd. Cumming, GA 30040 (770)781-2030</b> <b>Once purchased, all renewals can be made online at <a href="http://www.CRPDonline.com">www.CRPDonline.com</a></b>					
<b><u>Our fitness program goal is to help you find fun in fitness balanced with a challenging total body workout in a family friendly atmosphere.</u></b>					

## **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!