

# CRPD FITNESS 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Classes held at 437 Pilgrim Mill Rd. Cumming, GA</i>					
Barre 8:30-9:30 AM Jeanette	HIIT Training 5-5:45 AM Dee		HIIT Training 5-5:45 AM Dee		
Zumba 9:30-10:30 AM Lizzie	30/30 Strength & Flexi- bility 8:15-9:15 AM Anne	StepSculpt 8:30-9:30 Nancy	30/30 Strength & Flexi- bility 8:15-9:15 AM Anne	Zumba 8:30-9:30 AM Lizzie	Strength & Cardio- Pump 8:30-9:30 AM Dee
Yoga for Strength 10:00-11:00 AM Shanna	HIIT Training 9:30-10:30 AM Dee	Yoga Mix It Up & Flow 9:45-10:45 AM Nancy	HIIT Training 9:30-10:30 AM Dee	Yoga 9:45-10:45 Jeanette	
			Total Body Workout 5:30-6:30 PM Rhonda		

***Drop into any Fitness class for \$8.***

***Want More? The All-In Pass is an individual pass that includes Open Gym (Pickleball, Basketball, Volleyball, Walking) at Dobbs Creek Recreation Center and All Fitness Classes the Cumming Recreation Department offers.***

## ALL-IN PASSES



**1 MONTH ALL-IN PASS     \$60**  
**3 MONTH ALL-IN PASS     \$140**  
**6 MONTH ALL-IN PASS     \$230**



**1 YEAR ALL-IN PASS     \$295**

**Passes can be purchased at the Cumming Recreation and Parks Department or Dobbs Creek Recreation Center.**



See our website [www.crpdonline.com](http://www.crpdonline.com)  
 for Fitness Class Descriptions.

