



# CRPD FITNESS 2024



JUNE 3-JULY 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning/Mid-Morning Classes</b>					
	<b>HIIT Training</b> 5:15-6 AM Dee		<b>HIIT Training</b> 5:15-6 AM Dee		
<b>Barre</b> 8:15-9:00 am Jeanette		<b>StepSculpt</b> 8:30-9:30 Nancy		<b>Zumba</b> 8:30-9:30 Lizzie	<b>Strength &amp; Cardio Pump</b> 8:30-9:30 Dee
<b>Zumba</b> 9:15-10:00 am Lizzie	<b>HIIT Training</b> 8:30-9:30 Dee		<b>HIIT Training</b> 8:30-9:30 Dee		
<b>Yoga for Strength</b> 10:15-11:00 am Shanna		<b>Yoga Mix It Up &amp; Flow</b> 9:45-10:45 Nancy		<b>Yoga</b> 9:45-10:45 Jeanette	

### Evening Classes

			<b>Total Body Workout</b> 5:30-6:30 Rhonda	<p><b>Schedule is subject to change.</b></p> <p><b>Be sure to follow us on Facebook at <b>CRPD Fitness</b> for all updated information.</b></p>
--	--	--	--	---

### ALL IN PASS

INCLUDE FITNESS CLASSES, BASKETBALL, PICKLEBALL AND VOLLEYBALL

1 MONTH PASS -\$60      3 MONTH PASS -\$140  
 6 MONTH PASS—\$230    1 YEAR PASS—\$295

DROP IN CLASS --\$8