

The **CRPD FITNESS PROGRAM** offers a fun, relaxed atmosphere where everyone is welcomed with a smile and encouragement. Make new friends on your wellness journey that will last a lifetime. Pay by the class or buy a pass. We are proud to offer Yoga (3 levels), Barre, Zumba, HIIT, Step Sculpt, 30/30 Strength and Flex, Total Body Workout and Strength & Cardio Pump. See the Fitness Class Schedule at crpdonline.com Fitness classes are held at 437 Pilgrim Mill Rd. Cumming.

All-In Pass

Includes All fitness classes at Cumming Recreation Department and open gym at Dobbs Creek Recreation Center.

1 Month = \$60

3 Month = \$ 140

6 Months = \$230

1 Year = \$295

Fitness 1 Class Drop = \$8

YOGA classes
Mon 10am/Wed 9:45am/Fri 9:45am



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!”

Monday 9:30 and Friday 8:30 am

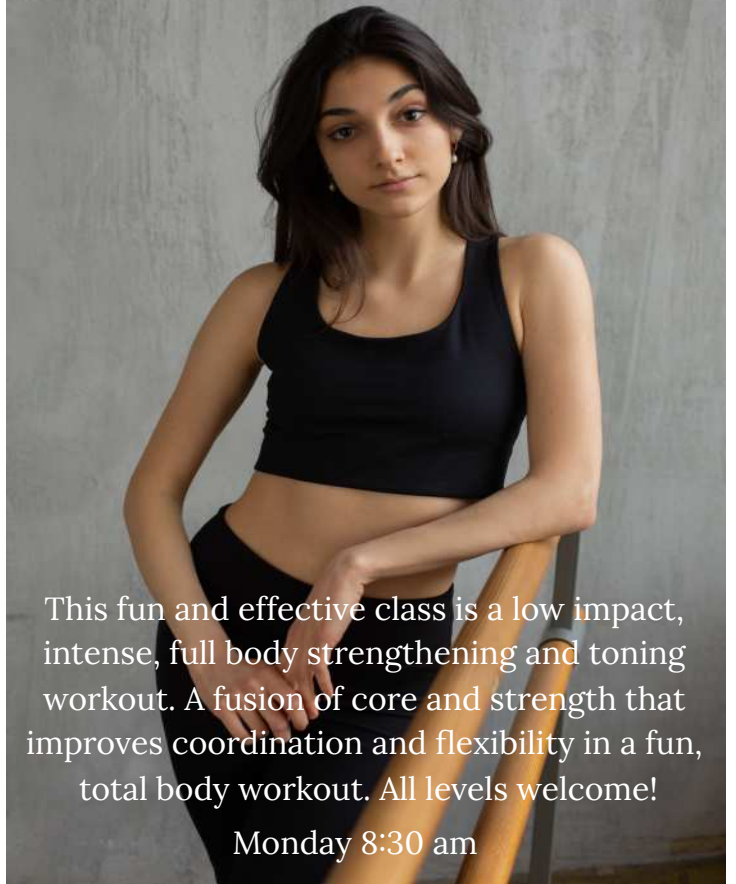
Step Sculpt

This class uses a fitness step to create a great cardio workout paired with weight training for a total body workout.

Wednesday 8:30 am



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!

Monday 8:30 am



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! Thursday 5:30 pm



H.I.I.T.

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.

H.I.I.T.

Tuesday & Thursday

2 Classes

5 am

and

9:30 am



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 a music tempo to motivate.

No class is ever the same!

Saturdays 8:30 am





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.

Monday 10 am

YOGA Mix it up and Flow

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.

Wednesday 9:45 am



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.

Friday 9:45 am