



# CRPD Fitness Class Schedule

437 Pilgrim Mill Rd. Cumming [www.crpdonline.com](http://www.crpdonline.com)

| MONDAY   | TUESDAY                               | WEDNESDAY  | THURSDAY                              | FRIDAY  | SATURDAY  |
|--|---------------------------------------|--|---------------------------------------|---|---|
| Barre<br>8:30-9:30 AM<br>Jeanette  | HIIT Training<br>5-5:45 AM<br>Dee     | StepSculpt<br>8:30-9:30 AM<br>Nancy                | HIIT Training<br>5-5:45 AM<br>Dee     | Zumba<br>8:30-9:30 AM<br>Lizzie<br><i>*Dance Fitness with<br/>Yani may be subbed.</i> | Strength &<br>Cardio Pump<br>9:00 AM<br>Dee   |
| Zumba<br>9:30-10:30 AM<br>Lizzie<br><i>*Dance Fitness with<br/>Yani may be subbed.</i> |                                       | Yoga Mix It<br>Up & Flow<br>9:45-10:45 AM<br>Nancy |                                       | Yoga<br>9:45-10:45<br>Jeanette  |   |
| Yoga for<br>Strength<br>10:00-11:00 AM   | HIIT Training<br>9:30-10:30 AM<br>Dee |  | HIIT Training<br>9:30-10:30 AM<br>Dee |   |   |
|     |                                       |  | Total Body<br>Workout<br>5:30-6:30 PM |   |  |

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

Want More? The **All-In Pass** is an individual pass that includes Open Gym 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 8:30 am to 4:30 pm Monday through Friday at the Cumming Recreation and Parks Department 437 Pilgrim Mill Rd. Cumming GA 30040  
Or Dobbs Creek Recreation Center 1115 Dahlonega Hwy. Cumming GA 30040

08/26/2024