

CRPD Fitness Class Schedule

437 Pilgrim Mill Rd. Cumming www.crpdonline.com

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

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

03/24/2025