

CRPD ADULT FITNESS

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.

Classes are for Adults age 18+ and all fitness levels. See the Fitness Class

Schedule at crpdonline.com

Fitness classes are held at 437 Pilgrim Mill Road, Cumming, GA 30040



All-In Pass

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

1 Month =\$65

3 Month =\$ 145

6 Months= \$235

1 Year =\$300

Fitness 1 Class Drop-in = \$8

Strength & Cardio Pump

Saturday 9:00 am

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!***



Barre

Monday 8:30 am

Start your week off strong with a Barre class.

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!

Zumba

Monday 9:30 am

Friday 8:30 am

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!”



CRPD ADULT FITNESS

Step Sculpt

Wednesday 8:30 am

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

The Step makes a great workout for quads, hamstrings, calves and glutes.



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.

Offering 4 HIIT classes per week

Tuesday, 2 classes

5:00 am and 9:30 am

Thursday, 2 classes

5:00 am and 9:30 am

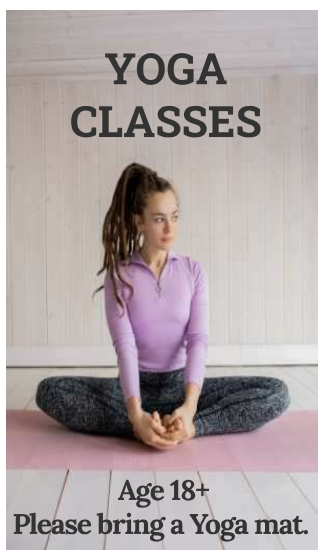
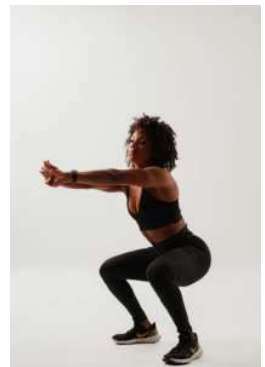
New
Class!

L.I.I.T.

Low Intensity Interval Training

Tuesday 8:15 am

Combines moderate exercise burst with rest periods, enhancing cardiovascular health, strength and flexibility. This format offers an effective, low impact fitness routine.



YOGA For Strength Monday 10 am

Focused strength building, flexibility and balance in both body and mind. Vinyasa based.

YOGA Mix it up and Flow Wednesday 9:45 am

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.

YOGA Friday 9:45 am

Slow it down by using slow steady breathing, holding postures and transitioning smoothly. Each class focuses on strength, balance and flexibility.