


CRPD FITNESS SCHEDULE



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
BARRE 8:30-9:30AM Jeanette	H.I.I.T 5:00-5:45AM Dee	STEP SCULPT 8:30-9:30AM Nancy	H.I.I.T 5:00-5:45AM Dee	ZUMBA 8:30-9:30AM Lizzie	STRENGTH & CARDIO PUMP 9:00-10:00AM Dee
ZUMBA 9:30-10:30AM Lizzie	L.I.I.T 8:15-9:15AM Terry 	YOGA MIX IT UP 9:45AM-10:45AM Nancy		YOGA 9:45-10:45AM Jeanette	
YOGA FOR STRENGTH 10:00-11:00AM Shanna	H.I.I.T 9:30-10:30AM Dee		H.I.I.T 9:30-10:30AM Dee		

Want More? The all in pass is an individual pass that includes open gym at Dobbs Creek Recreation Center as well as all fitness classes that the Cumming Park and Rec has to offer!

- 1 Month All In: \$65
- 3 Month All In: \$145
- 6 Month All In: \$235
- 1 Year All In: \$300

***Drop into any fitness class for \$8**



Passes can be purchased 8:30AM-4:30PM, Monday-Friday at the Cumming Recreation and Parks Department

Address: 437 Pilgrim Mill Rd. Cumming Ga 30040