

CUMMING RECREATION

437 PILGRIM MILL ROAD CUMMING, GA 30040

Fitness Class Schedule Fall 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BARRE 8:30-9:30 AM JEANETTE	H.I.I.T. 5:00-5:45 AM DEE	STEP SCULPT 8:30-9:30 AM NANCY	H.I.I.T. 5:00-5:45 AM DEE	ZUMBA 9:30-10:30 AM	STRENGTH AND CARDO PUMP 9:00-10:00 AM DEE
CARDIO-STRENGTH 9:30-10:30AM	L.I.I.T. 8:15-9:15 AM TERRY	YOGA MIX IT UP 9:45-10:45 AM NANCY	L.I.I.T. 8:15-9:15 AM TERRY	YOGA 9:45-10:45 AM JEANETTE	
YOGA FOR STRENGTH 10:00-11:00AM SHANNA	H.I.I.T. 9:30-10:30 AM DEE		H.I.I.T. 9:30-10:30 AM DEE		

CRPD ALL IN PASSES

THE ALL-IN PASS IS AN INDIVIDUAL PASS THAT INCLUDES ALL FITNESS CLASSES AT THE CUMMING RECREATION DEPT. AND OPEN GYM AT DOBBS CREEK RECREATION CENTER. DROP-IN CLASS FEE \$8.

1 MONTH ALL-IN PASS	\$65.00
3 MONTH ALL-IN PASS	\$145.00
6 MONTH ALL-IN PASS	\$235.00
1 YEAR ALL-IN PASS	\$300.00

