

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. We are proud to offer Yoga (3 levels), Barre, Zumba, Cardio-Strength, HIIT, LIIT, Step Sculpt, Total Body Workout and Strength & Cardio Pump. See the Fitness Class Schedule at crpdonline.com C.R.P.D. Fitness classes are held at 437 Pilgrim Mill Rd. Cumming.

All-In Pass

Includes All fitness classes at the 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 = \$8



Summer YOGA Classes

Mon 10:15 am

YOGA

For Strength

Runners, athletes, and yoga students alike will all benefit from this vinyasa-based practice. Our focus will be building strength, flexibility, and balance in both body and mind.

Wed 9:45am

YOGA

Mix it up & Flow

Yoga Mix 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.

Fri 9:45am

YOGA

This class gives you an opportunity to slow down by using slow steady breathing, holding postures and transitioning smoothly. Each class focuses on strength, balance and flexibility for a well-rounded class.

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Barre

Monday 8:15 am - 9:05 am

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

Mondays 9:15 am - 10:05 am Fridays 8:30 am - 9:30 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!"

H.I.I.T.

High Intensity Interval
Training

Tuesday & Thursday
2 Classes each day 5:15 am and 9:30 am

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.

L.I.I.T.

Low Intensity Interval
Training

Tuesday & Thursday
8:15 am - 9:15 am

Lower intensity workout combines moderate exercise bursts with rest periods, enhancing cardio health, strength and flexibility. This format offers an effective, low impact fitness program.

Step Sculpt

Wednesdays 8:30 am - 9:30 am

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

Strength & Cardio Pump

Saturdays 9:00 am - 10:00 am

A total body workout to improve cardio stamina and build muscle. Break past your personal boundaries in a positive, supportive environment. Workout is set to a music tempo to motivate.

No class is ever the same!

