

CUMMING RECREATION FITNESS SCHEDULE



437 Pilgrim Mill Road, Cumming, GA 30040
starting August 3, 2026

MONDAYS

Barre 8:30 am - 9:30 am
Zumba 9:30 am-10:30 am
Yoga for Strength 10:00 am-11:00 am

TUESDAYS

H.I.I.T. 5:00 am - 5:45 am
L.I.I.T. 8:15 am - 9:15 am
H.I.I.T. 9:30 am - 10:30 am



WEDNESDAYS

StepSculpt 8:30 am - 9:30 am
Yoga Mix It Up 9:45 am-10:45 am

THURSDAYS

H.I.I.T. 5:00 am - 5:45 am
L.I.I.T. 8:15 am - 9:15 am
H.I.I.T. 9:30 am - 10:30 am

FRIDAYS

CardioDance 8:30 am - 9:30 am
Yoga 9:45 am-10:45 am



SATURDAYS

Strength & Cardio Pump
9:00 am - 10:00 am



All-In Pass

Includes all fitness classes at C.R.P.D. and
Open Gym time at Dobbs Creek Recreation Center.

1-Month/\$65 3 Months/\$145 6 Months/\$235 1 Year/\$300

Drop in to any class \$8 www.crpdonline.com