

CRPD FITNESS 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Classes held at 437 Pilgrim Mill Rd. Cumming, GA</i>					
Barre 8:30-9:30 AM Jeanette	HIIT Training 5-5:45 AM Dee		HIIT Training 5-5:45 AM Dee		
Zumba 9:30-10:30 AM Lizzie	30/30 Strength & Flexibility 8:30-9:25 AM Anne	StepSculpt 8:30-9:30 Nancy	30/30 Strength & Flexibility 8:30-9:25 AM Anne	Zumba 8:30-9:30 AM Lizzie	Strength & Cardio- Pump 8:30-9:30 AM Dee
Yoga for Strength 10:00-11:00 AM Shanna	HIIT Training 9:30-10:30 AM Dee	Yoga Mix It Up & Flow 9:45-10:45 AM Nancy	HIIT Training 9:30-10:30 AM Dee	Yoga 9:45-10:45 Jeanette	
	30/30 Strength & Flexibility 5:30-6:30 PM Anne		Total Body Workout 5:30-6:30 PM Rhonda		

Drop into any Fitness class for \$8.

Want More? The **All-In Pass** is an individual pass that includes Open Gym (**Pickleball, Basketball, Volleyball, Walking**) at Dobbs Creek Recreation Center and All Fitness Classes the Cumming Recreation Department offers.

ALL-IN PASSES



1 MONTH ALL-IN PASS \$60
3 MONTH ALL-IN PASS \$140
6 MONTH ALL-IN PASS \$230
1 YEAR ALL-IN PASS \$295



Passes can be purchased at the Cumming Recreation and Parks Department or Dobbs Creek Recreation Center.

See our website www.crpdonline.com

