








# April 2024

	All levels Fitness Programs
	Strength Mobility Endurance
	All Levels weight training
	Endurance Cardio / Strength
	Mod - High Challenge
	Ballroom Additional \$
	Mindful Practices

All classes are based on membership plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Chair Yoga 9:30 Full Body Strength 10:30	1 Cardio Drumming 9:15	2 Build 8:30 Ballroom 7:15	3 Zumba 9:15 Ballroom 7:15	4 Pilates 9:00 Zumba 6:30 PM	5 Build 11:15	6 Vinyasa 9:00 Gym Orientation 10:00
7 Chair Yoga 9:30 Full Body Strength 10:30	8 Bootcamp 9:15	9 Build 8:30 Ballroom 7:15	10 Zumba 9:15 Ballroom 7:15	11 Pilates 9:00 Gym Orientation 10:00 Zumba 6:30	12 Build 11:15	13 Vinyasa 9:00
14 Chair Yoga 9:30 Full Body Strength 10:30	15 Chair Strength 9:15	16 Build 8:30 Ballroom 7:15	17 Zumba 9:15 Ballroom 7:15	18 Pilates 9:00 Zumba 6:30	19 Build 11:15	20 Vinyasa 9:00 Gym Orientation 10:00
21 Chair Yoga 9:30 Full Body Strength 10:30	22 TBD 9:15	23 Build 8:30 Ballroom 7:15	24 Zumba 9:15 Ballroom 7:15	25 Pilates 9:00 Gym Orientation 10:00 Member Celebration	26 Build 11:15	27 Vinyasa 9:00
28 Chair Yoga 9:30 Full Body Strength 10:30	29 TBD 9:15	30 Build 8:30 Ballroom 7:15	1 Zumba 9:15 Ballroom 7:15	2 Pilates 9:00 Zumba 6:30	3 Build 11:15	4 Vinyasa 9:00
5 Chair Yoga 9:30 Full Body Strength 10:30	<p>One on One Personal Training is available by appointment all days and evenings of the week                      All training comes with a personalized exercise program to follow  <b>Ballroom Dance with Jonas \$25.00 pp or \$40.00 per couple</b></p> <p>Special events are at no cost to Country Pointe Meadow member Residents                      Call to schedule your health and fitness consultation or gym orientation  <b>631.312.3350 or email <a href="mailto:theresa@changesforlife.net">theresa@changesforlife.net</a></b></p>					

