

August 2024

	All levels Fitness Programs
	Special Event
	All Levels weight training
	Endurance Cardio / Strength
	Mod - High Challenge
	Aqua
	Mindful Practices

All classes are based on membership plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 Build 8:30	31 Zumba 9:15	1 Pilates 9:00 Pilates 6:30	2 Build 11:00	3 Vinyasa 9:00
4 Full Body Strength 10:30	5 Cardio Drumming 9:15 Chair Yoga 10:15	6 Build 8:30 Gym Orientation 9:00 am	7 Zumba 9:15 Aqua 11:00	8 Pilates 9:00 Pilates 6:30	9 Build 11:00	10 Vinyasa 9:00
11 Full Body Strength 10:30	12 Cardio Drumming 9:15 Chair Yoga 10:15	13 Build 8:30 Gym Orientation 2:00	14 Cover TBD Aqua 11:00	15 Pilates 9:00 Pilates 6:30	16 Build 11:00	17 Vinyasa 9:00
18 Full Body Strength 10:30	19 TBD 9:30 Chair Yoga 10:15	20 Build 8:30 Gym Orientation 9:00 am	21 Gym Orientation 9:00 Zumba 9:15 Aqua 11:00	22 Pilates 9:00 Pilates 6:30	23 Build 11:00	24 Vinyasa 9:00
25 Full Body Strength 10:30	26 Cardio Drumming 9:15 Chair Yoga 10:15	27 Build 8:30 Gym Orientation 2:00	28 Zumba 9:15 Aqua 11:00	29 Pilates 9:00 Pilates 6:30	30 Build 11:00	31 Vinyasa 9:00
1 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</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 631.317.3229 or email theresa@changesforlife.net</p>					