

August 2021



All levels Fitness Programs	60.00
Mind Body Yoga	
Membership Sessions	
Moderate to high challenge strength endurance	
Senior fitness classes	
Special Event	
Personal Training	

All classes are based on membership plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Suspension and Rip 9:30 AM Power Cardio 7:00 PM	5 Senior Fitness Class 1:00 PM	6 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	7 One on One Personal Training
8 Membership 8:30 -11 Interval Fitness Class 9am Senior Fitness 10:00 am Power Cardio 10 am	9 Outdoor Yoga 8:30 am Breath Work 9:20 am Outdoor Senior Fitness 11:15 AM	10 Senior Fitness Class 1:00 PM	11 Suspension and Rip 9:30 AM Power Cardio 7:00 PM	12 Senior Fitness Class 1:00 PM	13 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	14 One on One Personal Training
15 Membership 8:30 -11 Interval Fitness Class 9am Senior Fitness 10:00 am Power Cardio 10 am	16 Outdoor Yoga 8:30 am Breath Work 9:20 am Outdoor Senior Fitness 11:15 AM	17 Senior Fitness Class 1:00 PM Healthy Habit Formation Via Zoom 6PM	18 Suspension and Rip 9:30 AM Power Cardio 7:00 PM	19 Senior Fitness Class 1:00 PM	20 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	21 One on One Personal Training
22 Membership 8:30 -11 Interval Fitness Class 9am Senior Fitness 10:00 am Power Cardio 10 am	23 Outdoor Yoga 8:30 am Breath Work 9:20 am Outdoor Senior Fitness 11:15 AM	24 Senior Fitness Class 1:00 PM	25 Suspension and Rip 9:30 AM Power Cardio 7:00 PM	26 Senior Fitness Class 1:00 PM	27 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	28 One on One Personal Training
29 Membership 8:30 -11 Interval Fitness Class 9am Senior Fitness 10:00 am Power Cardio 10 am	30 Outdoor Yoga 8:30 am Breath Work 9:20 am Outdoor Senior Fitness 11:15 AM	31 Senior Fitness Class 1:00 PM	1 Suspension and Rip 9:30 AM Power Cardio 7:00 PM	2 Senior Fitness Class 1:00 PM	3 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	4 One on One Personal Training
5 Membership 8:30 -11 Interval Fitness Class 9am Senior Fitness 10:00 am Power Cardio 10 am	6	<p>One on One Personal Training is available by appointment</p> <p>All memberships come with a personalized exercise program to follow</p> <p>All fitness classes and events follow the NYS COVID 19 Guidelines and restrictions.</p> <p>Special events are at no cost to Professional Care Physical Therapy patients</p> <p>Call for your no cost fitness consultation with Theresa Cordova Director of Fitness</p> <p>Nutritional services also available.</p> <p style="text-align: right;">631.312.3350 or email theresa@changesforlife.net</p>				