

Welcome

and thank you for being a member of Changes For Life. There are many services we would like you to know about that are available to you just for being a resident at Country Pointe Meadows.



Consider us your Resource to Optimal Health, and Function.

In this letter we have included the details of your resident membership and information to join the fitness membership.

What's included in the resident membership:

- A subscription to our monthly newsletter
- Health and fitness consultation
- Trial one day virtual class pass
- Access to prerecorded health webinars
- Discounts to health webinars and community special events

Move Better, Feel Better, Live Better

ADVOCATING FOR HEALTH AND WELLNESS

Fitness Classes

Fitness classes with Changes For Life are experiences, created, and developed by exercise professionals bringing results through innovation. Our classes cater to a wide range of interests, abilities, and times to suit your schedule.



Health and Fitness Consultation

The consultation is the foundation to the CFL client - first approach to wellness. It's an essential process to create an appropriate starting point that is centered around you, and your health and fitness needs, goals, and abilities.



RESOURCES FOR YOUR LEARNING



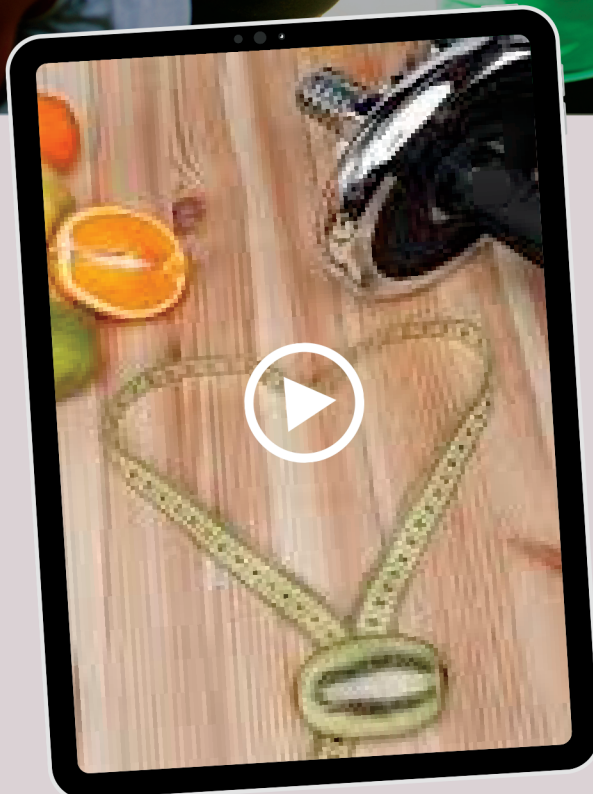
Virtual Fitness Classes

Can't get to the gym. Changes For Life offers virtual personal training and fitness classes that give you flexibility without sacrificing personalized and progressive programming.



"I feel like I reclaimed my body!"

Joanne F.



Virtual and In-Person Wellness Seminars

Wellness is the process of being aware of your actions and making choices that help you lead a healthier lifestyle. Our integrative wellness services offer healthier choices through educational seminars and events.

EMPOWERING THE MIND STRENGTHENING THE BODY



Personal Training

Work with a dedicated exercise professional to create a plan that's tailored to meet your needs, abilities, and goals. Perfect for all levels of fitness and abilities, including chronic health conditions, pre/post-surgical strengthening and recovery, balance, weight loss, strength and toning, aging challenges, and more.



Guided Exercise Program

Guided exercise programs are an individualized exercise prescription specific to your needs, abilities and goals. They are designed to keep you progressing through exercise and to keep moving, feeling good, and avoiding the potential of injury from exercise.



We hope to serve you in many integrative wellness opportunities. Be sure to check the newsletter for a schedule of classes and special events. To take full advantage of the services we offer scan below to subscribe to the Changes For Life email list or contact Theresa listed below.



For more information or if you have any questions or suggestions please
contact

Theresa Cordova at

631.312.3350

theresa@changesforlife.net

CHANGES FOR LIFE AT COUNTRY POINTE MEADOWS

Fitness and Wellness Membership

Includes: ◆————◆

- Gym Equipment Orientation
- Fitness and Wellness Consultation
- Fitness Classes
- Monthly Newsletter
- Monthly Healthy Topic Talks
- Access to Prerecorded Webinars
- Discounts on Special Events
- No Cost for Pop-up Classes
- Discount on Personal Training
- Discount on Guided Exercise Program
- Loyalty Points for Class Participation



\$ 34.99 MONTHLY
SINGLE WEEKLY CLASS

\$ 44.99 MONTHLY
UNLIMITED WEEKLY CLASS

\$ 12.00 PER CLASS
WITHOUT MEMBERSHIP

◆————◆
Schedule your
free trial class



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Pause or cancel membership at any time.