

March 2021



	Special fitness and wellness events
	All levels, Strength Stability
	All Levels Strength Aerobic Endurance
	Low to Moderate challenge strength flexibility
	Moderate to high challenge strength endurance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1	2	3 Virtual Event Toxins and Your Health 11:00:00 AM	4	5	6 In Person Consults
7	8	9	10 Pumped 5:00 PM	11	12	13 HIIT 10am Movement 11 am
14	15	16 Build Fitness Class 9:00 AM Virtual Event Managing Stress 5:30 PM	17 Pumped 5:00 PM	18 Virtual Event Find out how to reduce Risk For Heart Disease 10:00 AM	19	20 HIIT 10am Movement 11 am
21	22	23 Build Fitness Class 9:00 AM	24 Pumped 5:00 PM	25	26	27 HIIT 10am Movement 11 am
28 Virtual Event Mindful Nutrition 12:30	29	30 Build Fitness Class 9:00 AM	31 Pumped 5:00 PM	1	2	3 HIIT 10am Movement 11 am
4	5	<p>All Classes held at Country Pointe Meadows with exception > denotes a virtual event</p> <p>All fitness classes and events follow the NYS COVID 19 Guidelines and restrictions. Special events are at no cost to CPM residents Call for your no cost fitness consultation with Theresa Cordova Director of Fitness 631.312.3350 or email theresa@changesforlife.net</p> <p style="text-align: center;">In home virtual personal training sessions and nutritional services also available.</p>				