

May 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
25	26	27	28	29	30	1 In Person Consults
2	3	4 Build Fitness Class 9:00 AM 10:00 AM	5	6	7	8 HIIT 9am Movement 10 am
9	10	11 Build Fitness Class 9:00 AM 10:00 AM	12	13	14	15 HIIT 9am Movement 10 am
16	17	18 Build Fitness Class 9:00 AM 10:00 AM	19	20	21	22 HIIT 9am Movement 10 am
23	24	25 Build Fitness Class 9:00 AM 10:00 AM	26	27	28	29 HIIT 9am Movement 10 am
30	31	<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>In home virtual personal training sessions and nutritional services also available.</p>				