



# CPM WEEKLY CLASS

## SUNDAY

POP-UP  
PLEASE CHECK  
WEBSITE . FOR  
HOLIDAY  
CLASSES

## MONDAY

**FULL BODY  
STRENGTH**  
9:15 AM  
COLEEN

**CHAIR YOGA**  
10:20AM  
JACLYN

## TUESDAY

**BUILD**  
8:30 AM  
KATIE

## WEDNESDAY

**ZUMBA**  
9:15 AM  
VICKI

**FITNESS  
PLANNING**

## THURSDAY

**CARDIO  
BOXING**  
9:30 AM  
DENNIS

## FRIDAY

**PILATES**  
9:00 AM  
COLEEN

**BUILD**  
11:00 AM  
KATIE

## SATURDAY

**BOOTCAMP**  
8:00 AM  
EILEEN

**VINYASA**  
9:00 AM  
EILEEN



**NUTRITION  
COACHING**  
5:30 PM

**GYM TRAINING**  
6:30 PM  
ROB

**STEPPIN**  
5:30 PM

**STEPPIN**  
6:30 PM  
JEN



Group Fitness Membership \$59.99 a month unlimited classes

**WWW.CHANGESFORLIFE.NET**  
**631.317.3229**

