



CPM WEEKLY CLASS

SUNDAY

FB STRENGTH
10:30 AM
COLEEN

MONDAY

CHAIR YOGA
10:20AM
JACLYN

TUESDAY

BUILD
8:30 AM
KATIE

BUILD
9:30 AM
THERESA

WEDNESDAY

ZUMBA
9:15 AM
VICKY

AQUA
11:15 AM
KATIE

THURSDAY

FORM FIRST
9:45 AM
THERESA

Please check
website . This is a
monthly class.

FRIDAY

PILATES
9:00 AM
COLEEN

BUILD
11:00 AM
KATIE

SATURDAY

BOOTCAMP
8:15 AM
CASS

VINYASA
9:00 AM
EILEEN

PILATES
6:15 PM
MICHAELA

STEPPIN
6:30 PM
JEN



Group Fitness Membership \$59.99 a month unlimited classes

WWW.CHANGESFORLIFE.NET
631.317.3229

