



GPM WEEKLY CLASS



SUNDAY

PILATES
9:00 AM
LINDSEY

MONDAY

FULL BODY STRENGTH TRAINING
9:15 AM
DENNIS
CHAIR YOGA
10:15 AM
JACLYN

TUESDAY

BUILD
8:30 AM
KATIE

WEDNESDAY

CARDIO DANCE
10:30 AM
MICHAELA
AQUA
11:30 AM
KATIE

THURSDAY

FULL BODY STRENGTH
9:00 AM
PATRICE
PILATES/STEP
9:50 AM
PATRICE

FRIDAY

BUILD
11:00 AM
AQUA
11:45 AM
KATIE

SATURDAY

BOOTCAMP
8:00 AM
DENNIS
VINYASA
9:00 AM
EILEEN



POP-UP
PLEASE CHECK
WEBSITE .

NUTRITION COACHING
5:30 PM
GYM TRAINING
6:30 PM
ROB

STEPPIN
6:00 PM
JEN

POP-UP
PLEASE CHECK
WEBSITE .



Group Fitness Membership \$59.99 a month unlimited classes

WWW.CHANGESFORLIFE.NET
631.317.3229

