



# CPM WEEKLY CLASS



SUNDAY

PILATES  
9:00 AM  
LINDSEY

MONDAY

FULL BODY  
STRENGTH  
9:15 AM  
COVER

CHAIR YOGA  
10:20AM  
JACLYN

TUESDAY

BUILD  
8:30 AM  
KATIE

FORM FIRST  
THERESA  
Please check  
website . This is a  
monthly class.

WEDNESDAY

ZUMBA  
9:15 AM  
VICKI

THURSDAY

CARDIO  
BOXING  
9:30 AM  
DENNIS

FRIDAY

BUILD  
11:00 AM  
KATIE

SATURDAY

BOOTCAMP  
8:00 AM  
EILEEN

VINYASA  
9:00 AM  
EILEEN



POP -UP  
PLEASE CHECK  
WEBSITE .

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

STEPPIN  
5:30 PM  
POUND  
6:30 PM  
JEN



Group Fitness Membership \$59.99 a month unlimited classes

[WWW.CHANGESFORLIFE.NET](http://WWW.CHANGESFORLIFE.NET)  
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