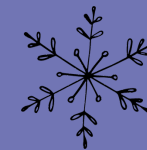


# CPM WEEKLY CLASS



## 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

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

## THURSDAY

**CARDIO  
BOXING**  
9:30 AM  
DENNIS

**STEPPIN**  
5:30 PM  
**POUND**  
6:30 PM  
JEN

## FRIDAY

**BUILD**  
11:00 AM  
KATIE

## SATURDAY

**BOOTCAMP**  
8:00 AM  
EILEEN

**VINYASA**  
9:00 AM  
EILEEN

POP -UP  
PLEASE CHECK  
WEBSITE .



Group Fitness Membership \$59.99 a month unlimited classes

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631.317.3229

