



# CPM WEEKLY CLASS



## SUNDAY

## 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



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631.317.3229

