



MBP WEEKLY CLASS



SUNDAY

MONDAY

**BALANCE &
MOBILITY**

10 AM
&
10:30 AM

TUESDAY

**FULL BODY
STRENGTH
TRAINING**

9:30 AM
&
10:15 AM

WEDNESDAY

**BUILD -
FLOOR
CHAIR
STRENGTH**

9:30 AM
10:15 AM

THURSDAY

**CARDIO
DRUMMING**

9:30 AM

FRIDAY

**CORE
STABILITY
AND
STRENGTH**

9:15 AM

SATURDAY

ZUMBA

9:30 AM



Group Fitness Membership \$64.99 every 4 weeks unlimited classes

WWW.CHANGESFORLIFE.NET
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