



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
DRUMMING**
9:00AM
SIENA

THURSDAY

**FULL BODY
STRENGTH**
9:00 AM
PATRICE

PILATES/STEP
9:45AM
PATRICE

FRIDAY

BUILD
11:00 AM
KATIE

SATURDAY

BOOTCAMP
8:00 AM
DENNIS

VINYASA
9:00 AM
EILEEN



**NUTRITION
COACHING**

5:30 PM

GYM TRAINING
6:30 PM
ROB

STEPPIN

6:00 PM
JEN



Group Fitness Membership \$64.99 a month unlimited classes

WWW.CHANGESFORLIFE.NET
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