



# CPM WEEKLY CLASS



## SUNDAY

**PILATES**  
9:00 AM  
LINDSEY

## MONDAY

**FULL BODY  
STRENGTH  
TRAINING**  
9:15 AM  
DENNIS  
  
**CHAIR YOGA**  
10:20AM  
JACLYN

## TUESDAY

**BUILD**  
8:30 AM  
KATIE

## WEDNESDAY

**ZUMBA**  
9:15 AM  
VICKI

## THURSDAY

**FULL BODY  
STRENGTH**  
9:00 AM  
PATRICE  
  
**PILATES/STEP**  
10:00 AM  
PATRICE

## FRIDAY

**BUILD**  
11:00 AM  
KATIE

## SATURDAY

**BOOTCAMP**  
8:00 AM  
DENNIS  
  
**VINYASA**  
9:00 AM  
EILEEN  
  
POP-UP  
PLEASE CHECK  
WEBSITE .

POP-UP  
PLEASE CHECK  
WEBSITE .

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

**STEPPIN**  
6:00 PM  
JEN



Group Fitness Membership \$59.99 a month unlimited classes

[WWW.CHANGESFORLIFE.NET](http://WWW.CHANGESFORLIFE.NET)  
631.317.3229

