LINKS WEEKLY CLASS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					CARDIO CORE 9AM TOM **FULL BODY STRENGTH TRAINING** 10AM TOM	
				AQUA 4:30PM MICHAEL		

Group Fitness Membership $74.99 a month unlimited classes

WWW.CHANGESFORLIFE.NET
631.317.3229