



# CPM WEEKLY CLASS

## SUNDAY

**FULL BODY  
STRENGTH**  
10:30 AM  
COLEEN

## MONDAY

**CHAIR YOGA**  
10:20AM  
JACLYN

## TUESDAY

**BUILD**  
8:30 AM  
KATIE

**R.U.S.T**  
9:30 AM  
THERESA

## WEDNESDAY

**ZUMBA**  
9:15 AM  
VICKI

**AQUA**  
11:30 AM  
KATIE

## THURSDAY

**FORM FIRST**  
9:45 AM  
THERESA

Please check  
website . This is a  
monthly class.

## FRIDAY

**PILATES**  
9:00 AM  
COLEEN

**BUILD**  
11:00 AM  
KATIE

## SATURDAY

**BOOTCAMP**  
8:15 AM  
CASS

**VINYASA**  
9:00 AM  
EILEEN



**STEPPIN**  
6:30 PM  
JEN



Group Fitness Membership \$59.99 a month unlimited classes

**WWW.CHANGESFORLIFE.NET**  
**631.317.3229**

