



CPM WEEKLY CLASS

SUNDAY



MONDAY

**FULL BODY
STRENGTH**

9:15 AM

COLEEN

CHAIR YOGA

10:20AM

JACLYN

TUESDAY

BUILD

8:30 AM

KATIE

FORM FIRST

THERESA

Please check
website . This is a
monthly class.

WEDNESDAY

ZUMBA

9:15 AM

VICKI

THURSDAY

**CARDIO
BOXING**

9:30 AM

DENNIS

FRIDAY

PILATES

9:00 AM

COLEEN

BUILD

11:00 AM

KATIE

SATURDAY

BOOTCAMP

8:00 AM

EILEEN

VINYASA

9:00 AM

EILEEN



POP -UP
PLEASE CHECK
WEBSITE .

**NUTRITION
COACHING**

5:30 PM

GYM TRAINING

6:30 PM

ROB

STEPPIN

5:30 PM

STEPPIN

6:30 PM

JEN



Group Fitness Membership \$59.99 a month unlimited classes

WWW.CHANGESFORLIFE.NET
631.317.3229

