



CPM WEEKLY CLASS

SUNDAY

MONDAY

**FULL BODY
STRENGTH**
9:15 AM
COLEEN

CHAIR YOGA
10:20AM
JACLYN

TUESDAY

BUILD
8:30 AM
KATIE

RUST
9:30 AM
Please check
website .

WEDNESDAY

ZUMBA
9:15 AM
VICKI

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
8:00 AM
EILEEN

VINYASA
9:00 AM
EILEEN



POP -UP
PLEASE CHECK
WEBSITE .

STEPPIN
5:30 PM

STEPPIN
6:30 PM
JEN



Group Fitness Membership \$59.99 a month unlimited classes

WWW.CHANGESFORLIFE.NET
631.317.3229

