# LINKS WEEKLY CLASS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | **BOOTCAMP**<br>8:00 AM | **CARDIO DRUMMING**<br>9AM<br>SIENA<br>**CHAIR STRENGTH**<br>10AM<br>SIENA | **PILATES**<br>9:45AM<br>JOHANNA<br>**STRENGTH & BALANCE**<br>10:30AM<br>JOHANNA | | **FULL BODY STRENGTH TRAINING**<br>9AM<br>TOM<br>**STRENGTH & BALANCE**<br>10AM<br>TOM | |
| | | **GYM & WEIGHT TRAIN**<br>5PM<br>DENNIS<br>**FULL BODY STRENGTH TRAINING**<br>5:45PM<br>DENNIS | | **AQUA**<br>4:30PM<br>MICHAEL<br>**NUTRITION COACHING**<br>5:30PM<br>MICHAEL | | |

Group Fitness Membership $74.99 a month unlimited classes

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