

January 2024

	All levels Fitness Programs
	Strength Mobility Endurance
	All Levels weight training
	Endurance Cardio / Strength
	Mod - High Challenge
	Ballroom Additional \$
	Mindful Practices

All classes are based on membership plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Mens Dojo 8:30	2 Build 8:30	3 Zumba 9:15 Gym Orientation 4:30 Gym Training 5:30 Ballroom 7:15	4 Pilates 9:00 Zumba 6:30 PM	5 Build 11:15	6 Vinyasa 9:00
7 Chair Yoga 9:30 Full Body Strength 10:30	8 Mens Dojo 8:30 Gym Orientation 12:30	9 Build 8:30	10 Zumba 9:15 Gym Training 5:30 Ballroom 7:15	11 Pilates 9:00 Zumba 6:30	12 Build 11:15	13 Vinyasa 9:00 Gym Orientation 10:00
14 Chair Yoga 9:30 Full Body Strength 10:30	15 Mens Dojo 8:30	16 Build 8:30	17 Zumba 9:15 Gym Orientation 1:00 Gym Training 5:30 Ballroom 7:15	18 Pilates 9:00 Zumba 6:30	19 Build 11:15	20 Vinyasa 9:00
21 Chair Yoga 9:30 Full Body Strength 10:30	22 Mens Dojo 8:30 Gym Orientation 12:30	23 Build 8:30	24 Zumba 9:15 Gym Training 5:30 Ballroom 7:15	25 Pilates 9:00 Zumba 6:30	26 Build 11:15	27 Vinyasa 9:00 Gym Orientation 10:00
28 Chair Yoga 9:30 Full Body Strength 10:30	29 Mens Dojo 8:30	30 Build 8:30	31 Zumba 9:15 Gym Orientation 1:00 Gym Training 5:30 Ballroom 7:15	1 Pilates 9:00 Zumba 6:30	2 Build 11:15	3 Vinyasa 9:00
4 Chair Yoga 9:30 Full Body Strength 10:30	<p>One on One Personal Training is available by appointment all days and evenings of the week</p> <p>All training comes with a personalized exercise program to follow</p> <p>Ballroom Dance with Jonas \$25.00 pp or \$40.00 per couple</p> <p>Special events are at no cost to Country Pointe Meadow member Residents</p> <p>Call to schedule your health and fitness consultation or gym orientation</p> <p>631.312.3350 or email theresa@changesforlife.net</p>					