









# July 2024

	All levels Fitness Programs
	Special Event
	All Levels weight training
	Endurance Cardio / Strength
	Mod - High Challenge
	Aqua
	Mindful Practices

All classes are based on membership plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2 Build 8:30	3 Zumba 9:15	4 	5 Build 11:00	6 Vinyasa 9:00
7 Full Body Strength 10:30	8 Cardio Drumming 9:15 Chair Yoga 10:15	9 Build 8:30 Gym Orientation 1:00	10 Gym Orientation 9:00 Zumba 9:15 Aqua 11:00	11 Pilates 9:00 Pilates 6:30	12 Build 11:00	13 Vinyasa 9:00
14 Gym Orientation 9:00 Full Body Strength 10:30	15 Cardio Drumming 9:15 Chair Yoga 10:15	16 Build 8:30	17 Zumba 9:15 Aqua 11:00	18 Pilates 9:00 Gym Orientation 10:00 Pilates 6:30	19 Build 11:00	20 Vinyasa 9:00
21 Full Body Strength 10:30	22 TBD 9:30 Chair Yoga 10:15	23 Build 8:30 Gym Orientation 2:00	24 Gym Orientation 9:00 Zumba 9:15 Aqua 11:00	25 Gentle Restorative 6:30	26 Build 11:00	27 Vinyasa 9:00
28 Gym Orientation 9:00 Balance and Mobility Trial 10:30	29 Cardio Drumming 9:15 Chair Yoga 10:15	30 Build 8:30	31 Zumba 9:15 Aqua 11:00	1 Pilates 9:00 Gym Orientation 10:00 Pilates 6:30	2 Build 11:00	3 Vinyasa 9:00
4 Full Body Strength 10:30	<p>One on One Personal Training is available by appointment all days and evenings of the week All training comes with a personalized exercise program to follow</p> <p>Special events are at no cost to Country Pointe Meadow member Residents Call to schedule your health and fitness consultation or gym orientation <b>631.317.3229 or email <a href="mailto:theresa@changesforlife.net">theresa@changesforlife.net</a></b></p>					