

# March 2023



	All levels Fitness Programs
	Orientation Or by Appointment
	Guided Exercise Membership GEM
	Moderate to high challenge strength endurance
	Building Resiliency: Lifestyle topics
	Special Events
	Mindful Practices

All classes are based on membership plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28 Build Fitness 9:15	1 Zumba 9:15	2 Tai Chi 9:30 Gym Orientation 10:30 Bodyweight 5:30	3 Build Fitness 11:00	4
5 Chair Yoga 9:15 Vinyasa Yoga 10:15	6 Breathwork 9:00 am Live Stream 12:00	7 Build Fitness 9:15 Gym Orientation 10:00	8 Zumba 9:15 Gym Orientation 5:30	9 Tai Chi 9:30 Bodyweight 5:30	10 Build Fitness 11:00	11 Build your own Cardio Program 10:00am 
12 Chair Yoga 9:15 Vinyasa Yoga 10:15	13 Breathwork 9:00 am Live Stream 12:00	14 Build Fitness 9:15	15 Zumba 9:15	16 Tai Chi 9:30 Bodyweight 5:30	17 Build Fitness 11:00	18
19 Chair Yoga 9:15 Vinyasa Yoga 10:15	20 Breathwork 9:00 am Resiliency: 11:00 Live Stream 12:00	21 Build Fitness 9:15	22 Zumba 9:15	23 Tai Chi 9:30 Bodyweight 5:30	24 Build Fitness 11:00	25 Gym Orientation 10:00
26 Chair Yoga 9:15 Vinyasa Yoga 10:15	27 Breathwork 9:00 am Live Stream 12:00 Gym Orientation 5:30	28 Build Fitness 9:15	29 Zumba 9:15	30 Tai Chi 9:30 Gym Orientation 10:30 Bodyweight 5:30	31 Build Fitness 11:00	1
2 Chair Yoga 9:15 Vinyasa Yoga 10:15	<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 Residents Call for your fitness consultation or orientation with Theresa Cordova <b>631.312.3350 or email <a href="mailto:theresa@changesforlife.net">theresa@changesforlife.net</a></b></p>					