

# March 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
25	26	27 Build 8:30	28 Zumba 9:15 Ballroom 7:15	29 Pilates 9:00 Zumba 6:30 PM	1 Build 11:15	2 Vinyasa 9:00 Gym Orientation 10:00
3 Chair Yoga 9:30 Full Body Strength 10:30	4 Full Body Strength 9:15	5 Build 8:30	6 Zumba 9:15 Ballroom 7:15	7 Pilates 9:00 Gym Orientation 10:00 Zumba 6:30	8 Build 11:15	9 Vinyasa 9:00
10 Chair Yoga 9:30 Full Body Strength 10:30	11 Cardio Drumming 9:15	12 Build 8:30	13 Zumba 9:15 Ballroom 7:15	14 Pilates 9:00 Zumba 6:30	15 Build 11:15	16 Vinyasa 9:00 Gym Orientation 10:00
17 Chair Yoga 9:30 Full Body Strength 10:30	18 Chair Strength 9:15	19 Build 8:30	20 Zumba 9:15 Ballroom 7:15	21 Pilates 9:00 Gym Orientation 10:00 Zumba 6:30	22 Build 11:15	23 Vinyasa 9:00
24 Chair Yoga 9:30 Full Body Strength 10:30	25 TBD 9:15	26 Build 8:30	27 Zumba 9:15 Ballroom 7:15	28 Pilates 9:00 Zumba 6:30	29 Build 11:15	30 Vinyasa 9:00
31 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 <a href="mailto:theresa@changesforlife.net">theresa@changesforlife.net</a></p>					