








May 2024

	All levels Fitness Programs
	Special Event
	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
28	29 Cardio Drumming 9:15	30 Build 8:30 Ballroom 7:15	1 Zumba 9:15 Ballroom 7:15	2 Pilates 9:00 Bootcamp 6:00 Member Celebration 6:30	3 Build 11:15	4 Vinyasa 9:00 Gym Orientation 10:00
5 Chair Yoga 9:30 Full Body Strength 10:30	6 Cardio Drumming 9:15	7 Build 8:30 Ballroom 7:15	8 Zumba 9:15 Ballroom 7:15	9 Pilates 9:00 Heart Health 6:30	10 Build 11:15	11 Vinyasa 9:00
12 Chair Yoga 9:30 Full Body Strength 10:30	13 Cardio Drumming 9:15	14 Build 8:30 Ballroom 7:15	15 Zumba 9:15 Ballroom 7:15	16 Pilates 9:00 Gym Orientation 10:00	17 Build 11:15	18 Vinyasa 9:00 Gym Orientation 10:00
19 Chair Yoga 9:30 Full Body Strength 10:30	20 Cardio Drumming 9:15 Gym Orientation 10:00	21 Build 8:30 Ballroom 7:15	22 Zumba 9:15 Ballroom 7:15	23 Pilates 9:00	24 Build 11:15	25 Vinyasa 9:00
26 Chair Yoga 9:30 Full Body Strength 10:30	27 Happy Memorial Day	28 Build 8:30 Ballroom 7:15	29 Zumba 9:15 Ballroom 7:15	30 Pilates 9:00 Bone Health 10:00	31 Build 11:15	1 Vinyasa 9:00
2 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 All training comes with a personalized exercise program to follow 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 Call to schedule your health and fitness consultation or gym orientation 631.312.3350 or email theresa@changesforlife.net</p>					

