

May 2021



All levels Fitness Programs	15.00
Mind Body Yoga	15.00
Small Group Training	25.00
Moderate to high challenge strength endurance	15.00
Free Senior fitness classes strength and endurance	---
Weight Loss	---
Kids Physical Education Class all ages	15.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28 Interval Fitness Class 9:30 AM Power Cardio 7:00 PM	29 Senior Fitness Class 1:00 PM	30 Senior Outdoor Fitness 8:15AM	1
2 Interval Fitness Class 9am Power Cardio 10 am Youth Fitness Class 10am Senior Fitness 11am Small Group Training 10am	3 Build Outdoor Fitness 8:45 AM Sustainable Weight Loss 9:00 AM	4	5 Interval Fitness Class 9:30 AM Power Cardio 7:00 PM	6 Senior Fitness Class 1:00 PM	7 Senior Outdoor Fitness 8:15AM	8
9 Interval Fitness Class 9am Power Cardio 10 am Youth Fitness Class 10am Senior Fitness 11am Small Group Training 11am	10 Build Outdoor Fitness 8:45 AM Sustainable Weight Loss 9:00 AM	11 Outdoor Yoga 8:00 AM Breath Work 11:15	12 Interval Fitness Class 9:30 AM Power Cardio 7:00 PM	13 Senior Fitness Class 1:00:00 PM	14 Senior Outdoor Fitness 8:15AM	15
16 Interval Fitness Class 9am Power Cardio 10 am Youth Fitness Class 10am Senior Fitness 11am Small Group Training 11am	17 Build Outdoor Fitness 8:45 AM Sustainable Weight Loss 9:00 AM	18 Outdoor Yoga 8:00 AM Breath Work 11:15	19 Interval Fitness Class 9:30 AM Power Cardio 7:00 PM	20 Senior Fitness Class 1:00:00 PM	21 Senior Outdoor Fitness 8:15AM	22
23 Interval Fitness Class 9am Power Cardio 10 am Youth Fitness Class 10am Senior Fitness 11am Small Group Training 11am	24 Build Outdoor Fitness 8:45 AM Sustainable Weight Loss 9:00 AM	25 Outdoor Yoga 8:00 AM Breath Work 11:15	26 Interval Fitness Class 9:30 AM Power Cardio 7:00 PM	27 Senior Fitness Class 1:00 PM	28 Senior Outdoor Fitness 8:15AM	29
30 Interval Fitness Class 9am Power Cardio 10 am Youth Fitness Class 10am Senior Fitness 11am Small Group Training 11am	31 Build Outdoor Fitness 8:45 AM Sustainable Weight Loss 9:00 AM	<p>All Classes held at Professional Care Physical Therapy with exception > denotes a virtual event</p> <p>All fitness classes and events follow the NYS COVID 19 Guidelines and restrictions.</p> <p>Special events and senior fit classes are at no cost to Professional Care Physical Therapy patients limited to first 4 registrants</p> <p>Call for your no cost fitness consultation with Theresa Cordova Director of Fitness 631.312.3350 or email theresa@changesforlife.net</p> <p>In home virtual personal training sessions and nutritional services also available.</p>				