

November 2021



	All levels Fitness Programs	60.00
	Mind Body Yoga	
	Membership Sessions	
	Moderate to high challenge strength endurance	
	Senior fitness classes	
	Special Event	
	Personal Training	

All classes are based on membership plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Membership 8:30 -11 Interval Fitness Class 9am Power Cardio 9 am Senior Fitness 10:00 am	1 Outdoor Yoga 8:30 am Breath Work 9:20 am Senior Fitness 12:00pm	2	3 Suspension and Rip 9:30 AM Power Cardio 7:00 PM	4 Senior Fitness Class 1:00 PM	5 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	6 Health Habit Formation 10:00am One on One Personal Training
7 Membership 8:30 -11 Interval Fitness Class 9am Power Cardio 9 am Senior Fitness 10:00 am	8 Outdoor Yoga 8:30 am Breath Work 9:20 am Senior Fitness 12:00pm	9	10 Suspension and Rip 9:30 AM Preventing Inlamation 6:00PM	11 Senior Fitness Class 1:00 PM	12 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	13 One on One Personal Training
14 Membership 8:30 -11 Interval Fitness Class 9am Power Cardio 9 am Senior Fitness 10:00 am	15 Outdoor Yoga 8:30 am Breath Work 9:20 am Senior Fitness 12:00pm	16	17 Suspension and Rip 9:30 AM Power Cardio 7:00 PM	18 Senior Fitness Class 1:00 PM	19 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	20 One on One Personal Training
21 Membership 8:30 -11 Interval Fitness Class 9am Power Cardio 9 am Senior Fitness 10:00 am	22 Outdoor Yoga 8:30 am Breath Work 9:20 am Senior Fitness 12:00pm	23	24 Suspension and Rip 9:30 AM Power Cardio 7:00 PM	25 Senior Fitness Class 1:00 PM	26 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	27 One on One Personal Training
28 Membership 8:30 -11 Interval Fitness Class 9am Power Cardio 9 am Senior Fitness 10:00 am	29 Outdoor Yoga 8:30 am Breath Work 9:20 am Senior Fitness 12:00pm	30	1 Suspension and Rip 9:30 AM Power Cardio 7:00 PM	2 Senior Fitness Class 1:00 PM	3 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	4 One on One Personal Training
5 Membership 8:30 -11 Interval Fitness Class 9am Power Cardio 9 am Senior Fitness 10:00 am		<p>One on One Perosnal Training is avaiable by appoinment all days and evenings of the week All memberships come with a personalized exercise program to follow All fitness classes and events follow the NYS COVID 19 Guidelines and restrictions. Special events are at no cost to Professional Care Physical Therapy patients Call for your no cost fitness consultation with Theresa Cordova Director of Fitness Book at changesforlife.net</p> <p style="text-align: right;">631.312.3350 or email theresa@changesforlife.net</p>				