








October 2024

	All levels Fitness Programs
	Special Event
	All Levels weight training
	Endurance Cardio / Strength
	Mod - High Challenge
	Aqua
	Mindful Practices

All classes are based on membership plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Cardio Drumming 9:00 Chair Yoga 10:15	1 Build 8:30	2 Zumba 9:15	3 Gym Orientation 10:00 Pilates 6:30	4 Pilates 9:00 Build 11:00	5 Vinyasa 9:00
6 Full Body Strength 10:30	7 Cardio Drumming 9:00 Chair Yoga 10:15	8 Build 8:30 Gym Orientation 1:00	9 Zumba 9:15	10 TBD 6:30	11 Pilates 9:00 Build 11:00	12 Vinyasa 9:00
13 Gym Orientation 9:00 Full Body Strength 10:30	14 Cardio Drumming 9:00 Chair Yoga 10:15	15 Build 8:30	16 Zumba 9:15	17 Gym Orientation 10:00 TBD 6:30	18 Pilates 9:00 Build 11:00	19 Vinyasa 9:00
20 Full Body Strength 10:30	21 Cardio Drumming 9:00 Chair Yoga 10:15	22 Build 8:30 Gym Orientation 1:00	23 Zumba 9:15 Candlelight Yoga 7:00 PM	24 TBD 6:30	25 Pilates 9:00 Build 11:00	26 Vinyasa 9:00
27 Gym Orientation 9:00 Full Body Strength 10:30	28 Cardio Drumming 9:00 Chair Yoga 10:15	29 Build 8:30	30 Zumba 9:15	31 TBD 6:30	1 Pilates 9:00 Build 11:00	2 Vinyasa 9:00
3 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</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 631.317.3229 or email theresa@changesforlife.net</p> 					