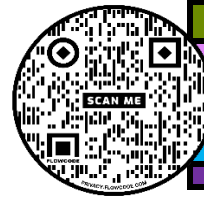


# September 2021



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

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60.00

All classes are based on membership plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	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 Zumba Dance 10:00 am Senior Fitness 10:00 am	6 Outdoor Yoga 8:30 am Breath Work 9:20 am Senior Fitness 11:15 am	7 Senior Fitness Class 1:00 PM	8 Suspension and Rip 9:30 AM  Power Cardio 7:00 PM	9 Senior Fitness Class 1:00 PM	10 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	11 One on One Personal Training
12 Membership 8:30 -11 Interval Fitness Class 9am Power Cardio 9 am Zumba Dance 10:00 am Senior Fitness 10:00 am	13 Outdoor Yoga 8:30 am Breath Work 9:20 am Senior Fitness 11:15 am	14 Senior Fitness Class 1:00 PM Building Strength From Ground up 10:00 am	15 Suspension and Rip 9:30 AM  Power Cardio 7:00 PM	16 Senior Fitness Class 1:00 PM	17 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	18 One on One Personal Training
19 Membership 8:30 -11 Interval Fitness Class 9am Power Cardio 9 am Zumba Dance 10:00 am Senior Fitness 10:00 am	20 Outdoor Yoga 8:30 am Breath Work 9:20 am Senior Fitness 11:15 am	21 Senior Fitness Class 1:00 PM	22 Suspension and Rip 9:30 AM  Power Cardio 7:00 PM	23 Senior Fitness Class 1:00 PM	24 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM SAY NO TO Stress 11:00am	25 One on One Personal Training
26 Membership 8:30 -11 Interval Fitness Class 9am Power Cardio 9 am Zumba Dance 10:00 am Senior Fitness 10:00 am	27 Outdoor Yoga 8:30 am Breath Work 9:20 am Senior Fitness 11:15 am	28 Senior Fitness Class 1:00 PM	29 Suspension and Rip 9:30 AM  Power Cardio 7:00 PM	30 Senior Fitness Class 1:00 PM	1 Build Outdoor Fitness 8:15 AM Membership 9:00 -1 PM	2 One on One Personal Training
3 Membership 8:30 -11 Interval Fitness Class 9am Power Cardio 9 am Zumba Dance 10:00 am Senior Fitness 10:00 am		<p>One on One Personal Training is available by appointment 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 <a href="http://changesforlife.net">changesforlife.net</a></p> <p style="text-align: right;">631.312.3350 or email <a href="mailto:theresa@changesforlife.net">theresa@changesforlife.net</a></p>				