

# September 2023

	All levels Fitness Programs
	Aqua
	All Levels weight training
	Moderate to high challenge strength endurance
	Moderate to high challenge
	Special Event
	Mindful Practices

All classes are based on membership plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29 Build Fitness 9:15	30 Zumba 9:15 Aqua 11:00 Gym Training 5:30 Ballroom 7:15	31	1 Build Fitness 11:00	2 Vinyasa Power Flow 9:15
3 Chair Yoga 9:30	4 	5 Build Fitness 8:30 Build Fitness 9:15	6 Zumba 9:15 Gym Training 5:30 Gym Orientation 6:30 Ballroom 7:15	7 Balance and Mobility 10:00 AM	8 Build Fitness 11:00	9 Trial Resilience 9:15 AM
10 Chair Yoga 9:30	11 Gym Orientation 12:00	12 Build Fitness 8:30 Build Fitness 9:15	13 Zumba 9:15 Gym Training 5:30 Ballroom 7:15	14 Balance and Mobility 10:00 AM	15 Build Fitness 11:00	16 Trial Resilience 9:15 AM Gym Orientation 10:00
17 Chair Yoga 9:30 Reduce Risk of Heart Disease 10:00 am	18 Tai Chi 11:00	19 Build Fitness 8:30 Build Fitness 9:15	20 Zumba 9:15 Gym Training 5:30 Ballroom 7:15	21 Balance and Mobility 10:00 AM	22 Build Fitness 11:00	23 Resilience 9:15 AM
24 Chair Yoga 9:30	25 Tai Chi 11:00 Gym Orientation 12:00	26 Build Fitness 8:30 Build Fitness 9:15	27 Zumba 9:15 Gym Training 5:30 Gym Orientation 6:30 Ballroom 7:15	28 Balance and Mobility 10:00 AM	29 Build Fitness 11:00	30 Resilience 9:15 AM
1 Chair Yoga 9:30	<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  <b>Ballroom Dance with Jonas \$25.00 pp or \$40.00 per couple</b></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  <b>631.312.3350 or email <a href="mailto:theresa@changesforlife.net">theresa@changesforlife.net</a></b></p>					