



**MILES PERRET**  
CANCER SERVICES

# Wellness Center

## 2018 Group Exercise Schedule

Mon

Tues

Wed

Thurs

Fri

Sat

8:00am-5:00pm

8:00am-1:00pm/  
4:00pm-7:00pm

8:00am-6:30pm

8:00am-1:00pm/  
4:00pm-7:00pm

8:00am-1:00pm

\*1<sup>st</sup> & 3<sup>rd</sup> of the month  
8:00a-12:00pm

**\*\*Gym is closed** during Yoga, Pilates & Toning, Let's Dance, and Healing Dance.  
Open exercise can continue during Circuit, Express classes, and MilesStrong

10:00am-10:30am  
Circuit  
Training  
30min

10:00am-11:00am  
Pilates &  
Toning  
1hr

10:00am-10:30am  
Let's  
Dance  
30min

10:00am-11:00am  
Pilates &  
Toning  
1hr

10:00am-11:00am  
Yoga  
1hr

10:00am-11:00am  
Class TBD

12:00pm-1:00pm  
Gentle  
Yoga  
1hr

1:00pm-4:00pm  
*Gym Closed*

11:00am-11:15am  
Meditation  
15min

1:00pm-4:00pm  
*Gym Closed*

11:15am-12:00pm  
Healing  
Dance  
45min  
\*2<sup>nd</sup> Friday of each  
month

2:30pm-4:00pm  
MilesStrong  
2.5hr \*as scheduled

5:30pm-6:00pm  
Pilates  
Express  
30min

2:30pm-4:00pm  
MilesStrong  
2.5hr \*as scheduled

5:30pm-6:00pm  
Toning  
Express  
30min

5:30pm-6:30pm  
Gentle  
Yoga  
1hr

To make an appointment, contact the Wellness Center at (337)984-1920.

