



**MILES PERRET**  
CANCER SERVICES

# Wellness Center

## 2019 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  
8:00am-12:00pm

**\*\*Gym is closed** during Yoga, Pilates & Toning, and THRIVE.  
Open exercise can continue during Circuit and Express classes.

**10:30am-11:00am**  
Circuit  
Training  
30min

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

**11:00am-12:00pm**  
Line  
Dancing  
1hr

**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

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

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

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

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

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