



**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 Line Dancing.  
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.