



MILES PERRET
CANCER SERVICES

Wellness Center

2019 Group Exercise Schedule

Mon

Tues

Wed

Thurs

Fri

Sat

8:00am-5:00pm

8:00am-1:00pm
2:00pm-5:00pm

8:00am-6:30pm

8:00am-1:00pm
2:00pm-5:00pm

8:00am-1:00pm

****Gym is closed** during Yoga, Pilates & Toning, and Line Dancing.

Open exercise can continue during Circuit. ****Clients can bring a plus one to Open Exercise.** Classes remain for Clients only.

10:30am-11:00am

Circuit
Training

30min

12:00pm-1:00pm

Gentle
Yoga

1hr

10:00am-11:00am

Pilates &
Toning

1hr

1:00pm-2:00pm *Gym
Closed*

11:00am-12:00pm

Line
Dancing

1hr

5:30pm-6:30pm

Gentle
Yoga

1hr

10:00am-11:00am

Pilates &
Toning

1hr

1:00pm-2:00pm *Gym
Closed*

10:00am-11:00am

Yoga

1hr

Refer to MPCs
monthly calendar
for special
programs.

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