



**MILES PERRET**  
CANCER SERVICES

# Wellness Center

## 2020 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

11:00am

Walking  
Club

45min

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.