



**MILES PERRET**  
CANCER SERVICES

# Wellness Center

## 2023 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, Toning, and Line Dancing.

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

**10:00am**  
Walking  
Club  
**45min**

**10:00am-11:00am**  
Toning  
**1hr**  
  
1:00pm-2:00pm *Gym*  
*Closed*

**10am-10:30am**  
Circuit  
Training  
**1hr**  
  
**11:00am-12:00pm**  
Line  
Dancing  
**1hr**  
  
1:00pm-2:30pm *Gym*  
*Closed*

**10:00am-11:00am**  
Toning  
**1hr**  
  
1:00pm-2:00pm *Gym*  
*Closed*

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

Refer to MPCs  
monthly calendar  
for special  
programs.

**11:15am-12:15pm**  
Gentle  
Yoga  
**1hr**  
  
1:00pm-2:00pm *Gym*  
*Closed*

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

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