



MILES PERRET
CANCER SERVICES

Wellness Center

2022 Group Exercise Schedule

Mon

Tues

Wed

Thurs

Fri

Sat

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

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

8:00am-1:00pm
2:30pm-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

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

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

10am-10:30am
Circuit
Training
30min
11:00am-12:00pm
Line
Dancing
1hr
1:00pm-2:30pm Gym
Closed
5:30pm-6:30pm
Gentle
Yoga
1hr

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.

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