

TRAINING AND PERFORMANCE CENTER SUMMER SCHEDULE



TRAINING AND PERFORMANCE CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	
5:30 AM	HIIT (30 MIN)		HIIT (30 MIN)		HIIT (30 MIN)	
6:15 AM	HIIT (30 MIN)	HIIT (30 MIN)	HIIT (30 MIN)	HIIT (30 MIN)	HIIT (30 MIN)	
6:30 AM	ADULT/YOUTH BLENDED		ADULT/YOUTH BLENDED		ADULT/YOUTH BLENDED	
8:00 AM	PERFORMANCE ACADEMY	PERFORMANCE ACADEMY		PERFORMANCE ACADEMY	PERFORMANCE ACADEMY	ADULT METCON
9:00 AM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	YOUTH TOTAL CONDITIONING
10:00 AM	JUMP START	JUMP START	JUMP START	JUMP START	JUMP START	**YOUTH EVALS (10:15 AM)
	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	
11:00 AM	PERFORMANCE ACADEMY	PERFORMANCE ACADEMY		PERFORMANCE ACADEMY	PERFORMANCE ACADEMY	
	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	
12:00 PM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH		ADULT STRENGTH	
1:00 PM	PERFORMANCE ACADEMY	PERFORMANCE ACADEMY		PERFORMANCE ACADEMY	PERFORMANCE ACADEMY	
4:30 PM	JUMP START	JUMP START	JUMP START	JUMP START	JUMP START	
	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	
5:30 PM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH			
		**YOUTH EVALS (6:45 PM)				

 Advocate BroMenn
Health & Fitness Center

1111 TRINITY LANE, BLOOMINGTON, IL 61704 | WWW.TPCBLOOMINGTON.COM
CALL 309-433-WELL (9355) TO SCHEDULE YOUR EVALUATION

- = ADULT CLASS
- = ADULT/YOUTH BLENDED CLASS
- = PERFORMANCE ACADEMY
- = HIIT CLASS (30 MIN)
- = TOTAL PERFORMANCE
- = JUMP START CLASS
- = YOUTH EVALS
**CALL IN ADVANCE TO REGISTER
- = YOUTH BLENDED CLASS