

# TRAINING AND PERFORMANCE CENTER 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)	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						ADULT METCON
9:00 AM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	YOUTH TOTAL CONDITIONING
10:15 AM						**YOUTH EVALS (10:15 AM)
12:00 PM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH		ADULT STRENGTH	
4:30 PM	JUMP START	JUMP START	JUMP START	JUMP START		
	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	
5:30 PM	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE		
	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH			
6:00 PM	PERFORMANCE ACADEMY	PERFORMANCE ACADEMY	PERFORMANCE ACADEMY	PERFORMANCE ACADEMY		
		**YOUTH EVALS (6:45 PM)				

Advocate BroMenn  
Health & Fitness Center

1111 TRINITY LANE, BLOOMINGTON, IL 61704 | [WWW.TPCBLOOMINGTON.COM](http://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