

# TRAINING AND PERFORMANCE CENTER SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH
9:00 AM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH
10:00 AM	JUMP START	JUMP START	JUMP START	JUMP START	JUMP START
	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE
4:30 PM	JUMP START	JUMP START	JUMP START	JUMP START	JUMP START
	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE
	PERFORMANCE ACADEMY	PERFORMANCE ACADEMY	PERFORMANCE ACADEMY	PERFORMANCE ACADEMY	PERFORMANCE ACADEMY
5:30 PM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH		
		**YOUTH EVALS (5:30 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