

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) | 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 |
| 10:00 AM | JUMP START | JUMP START | JUMP START | JUMP START | JUMP START | |
| | TOTAL PERFORMANCE | TOTAL PERFORMANCE | TOTAL PERFORMANCE | TOTAL PERFORMANCE | TOTAL PERFORMANCE | |
| 11:00 AM | TOTAL PERFORMANCE | TOTAL PERFORMANCE | | TOTAL PERFORMANCE | | |
| 4:30 PM | PERFORMANCE ACADEMY | PERFORMANCE ACADEMY | PERFORMANCE ACADEMY | PERFORMANCE ACADEMY | PERFORMANCE ACADEMY | |
| | 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 | ADULT METCON | | |
| | | **YOUTH EVALS (5:30 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