

TRAINING AND PERFORMANCE CENTER SUMMER SCHEDULE

EFFECTIVE 6/1/21



TRAINING AND PERFORMANCE CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	
6:30 AM		FIT FOR ALL		FIT FOR ALL		
7:30 AM	PERFORMANCE ACADEMY		PERFORMANCE ACADEMY		PERFORMANCE ACADEMY	
8:00 AM						ADULT METCON
9:00 AM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	YOUTH TOTAL CONDITIONING
9:00 AM		FIT FOR ALL		FIT FOR ALL		
10:00 AM	JUMP START	JUMP START	JUMP START	JUMP START	JUMP START	
10:00 AM	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	
11:00 AM	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	
12:00 PM	ADULT STRENGTH		ADULT STRENGTH		ADULT STRENGTH	
4:30 PM	JUMP START	JUMP START	JUMP START	JUMP START		
4:30 PM	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE	TOTAL PERFORMANCE		
5:00 PM		PERFORMANCE ACADEMY		PERFORMANCE ACADEMY		
5:30 PM	ADULT STRENGTH	ADULT METCON	ADULT STRENGTH	ADULT METCON		
6:15 PM		**YOUTH EVALS				
6:30 PM		FIT FOR ALL		FIT FOR ALL		



Health & Fitness Center

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

= ADULT CLASS

= PERFORMANCE ACADEMY

= FIT FOR ALL

= TOTAL PERFORMANCE

= JUMP START

= YOUTH EVALS

**CALL IN ADVANCE TO REGISTER

= YOUTH BLENDED CLASS