



PROHEALTH WEST WOOD
HEALTH & FITNESS CENTER



Human Performance program schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 a.m.		PACE* 5:15 a.m.		PACE* 5:15 a.m.		
7 a.m.	PACE* 7 a.m.		PACE* 7 a.m.		PACE* 7 a.m.	
8 a.m.	PACE* 8 a.m.				PACE* 8 a.m.	
9 a.m.	PACE* 9 a.m.	BUILDING BETTER BONES 9 a.m.	PACE* 9 a.m.	BUILDING BETTER BONES 9 a.m.		PACE* 9:15 a.m.
10 a.m.						
11 a.m.		ROCK STEADY BOXING 11:30 a.m.		ROCK STEADY BOXING 11:30 a.m.		
Noon	FALL PREVENTION Noon		FALL PREVENTION Noon			
1 p.m.	ROCK STEADY BOXING 1 p.m.		ROCK STEADY BOXING 1 p.m.			
2 p.m.	ROCK STEADY BOXING 2:15 p.m.		ROCK STEADY BOXING 2:15 p.m.			
4 p.m.	PACE* 4 p.m.					
5 p.m.	WOMEN ON WEIGHTS 5 p.m.		WOMEN ON WEIGHTS 5 p.m.	PACE* 5:15 p.m.		
6 p.m.		PACE* 6:15 p.m.				