

# HIGH INTENSITY TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM Pro	6:00 AM Pro	6:00 AM Pro	6:00 AM Pro	5:30 AM Pro	9:00 AM Pro	
9:30 AM Pro	9:30 AM Pro	9:30 AM Pro	9:30 AM Pro	9:30 AM Pro	10:00 AM Pro	
10:30 AM Hall of Fame		10:30 AM Hall of Fame		10:30 AM Hall of Fame		
12:15 PM Pro	12:15 PM Pro	12:15 PM Pro	12:15 PM Pro	12:15 PM Pro		
5:00 PM Pro		5:00 PM Pro				9:00 AM Pro
6:00 PM Pro	5:30 PM Pro	6:00 PM Pro	5:30 PM Pro	5:00 PM Pro	10:00 AM Pro	



Pro



Hall of Fame (65+ years old)

Effective: January 6, 2020



**MERCYHEALTH**

Anderson HealthPlex

**THE FIELD**

Action-Packed,  
results-driven  
group workouts.