

McLeod Health and Fitness Center
Trainer Times for 2019 Biggest Loser

MON	TUE	WED	THU	FRI	SAT	SUN
6:00am	9:00am	6:00am	9:00am	10:00am		3:00pm
10:00am	1:00pm	9:00am	6:30pm			
12:00pm	4:30pm	6:00pm				
6:30pm						

Available Kick-Off Weight & Measurement Times:

Jan. 16, 2019	Jan. 17, 2019
7:30 a.m. to 8:30 a.m.	7:30 a.m. to 8:30 a.m.
12:00 p.m. to 1:00 p.m.	12:00 p.m. to 1:00 p.m.
5:00 p.m. to 7:00 p.m.	5:00 p.m. to 7:00 p.m.