

McLeod Health and Fitness Center
Trainer Times for 2019 Biggest Loser

MON	TUE	WED	THU	FRI	SAT	SUN
6:00am with Mili	9:00am with Kaitlyn	6:00am with Mili	9:00am with Kaitlyn	10:00am with Meagan/Lucas		3:00pm with Tory
10:00am with Joy	1:00pm with Kim	9:00am with Kim	6:30pm with Meagan/Lucas			
12:00pm with Meagan/Lucas	4:30pm with Lisa C.	6:00pm with Tory				
6:30pm with Meagan/Lucas						

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.