

UNITYPOINT HEALTH

Wellness Services



METHODIST WELLNESS CENTER

GROUP FITNESS SCHEDULE *effective 2/1/21 - 3/31/21*

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 AM		Aqua Fitness		Aqua Fitness	
9:30-10:00 AM	Fitness 101		Fitness 101		Fitness 101
10:00-11:00 AM	Fluid Moves	Fluid Moves	Fluid Moves	Fluid Moves	Fluid Moves
12:15-12:45 AM	Fitness Fusion		Fitness Fusion		Fitness Fusion
3:00-4:00 PM	Core and More			Core and More	
4:00-5:00 PM		Fluid Moves		Fluid Moves	
4:30-5:30 PM	Turbo Kick	Zumba		Boot Camp	
5:00-6:00 PM	Deep Water Aqua Fit				Deep Water Aqua Fit
5:30-6:30 PM		Power Hour		Power Hour	

Group Fitness class size limited to 10.

Contact the Wellness Center at (309)672-5904 or email allyson.friday@unitypoint.org if you have any questions.

AQUA FITNESS

Tuesday/Thursday 9:00am-10:00am

Dive into this cardio and conditioning class that incorporates the latest and wettest aqua based exercises into a joint friendly high energy water workout. Experience a tidal wave of water exercise that combines aerobic and resistance intervals. Water shoes are optional and class is held in the therapy pool.

BOOT CAMP

Thursday 4:30pm-5:30pm

Looking for an intense but fun class to give your metabolism a jump start? Join Jeremy and challenge yourself with this boot camp-inspired class. Incorporating running, jumping, plyometric drills and obstacles, it will be sure to make you stronger, faster, and assist you in weight loss goals!

CORE AND MORE

Monday/Thursday 3:00pm-4:00pm

Feel the burn during this 1 hour full-body workout designed to work your entire core along with all major muscle groups. This class will utilize bodyweight movements and exercise equipment to provide a fun and exciting workout.

DEEP WATER AQUA FIT

Monday/Friday 5:00pm-6:00pm

Jump in and enjoy 1 hour of this high energy water workout that is conducted in the shallow and deep end of the Wellness Center's therapy pool. Participants will improve range of motion all while increasing muscular strength and endurance during this joint friendly workout.

FITNESS 101

Mon./Wed./Fri. 9:30am-10:00am

Improve strength, endurance, and joint flexibility with this lower impact class that includes cardiovascular and strength training. Enjoy a technique driven total body workout designed for even the most novice exerciser.

FITNESS FUSION

Mon./Wed./Fri. 12:15pm-12:45pm

Get stronger and leaner with this class which combines cardiovascular endurance, muscular endurance, and muscular strength exercises in an effort to engage all major muscle groups. This class always has something new, so you never know what you'll be doing next!

FLUID MOVES

Monday - Friday 10:00am-11:00am & Tuesday/Thursday 4:00pm-5:00pm

Get in the water and improve activities of daily living. Enhance cardiovascular endurance, muscular endurance, muscular strength, range of motion, flexibility, and balance through soothing movements. These classes are perfect for individuals who have arthritis and/or are just beginning an exercise program. Classes are held in the therapy pool.

POWER HOUR

Tuesday/Thursday 5:30pm-6:30pm

This full body interval class mixes body weight exercises with cardio and strength training in a way that will test your dynamic fitness. We want to keep you guessing and challenge you differently every class!

TURBO KICK

Monday 4:30pm-5:30pm

Experience the ultimate cardio-kickboxing class, inspired by mixed martial arts. No bags or gloves. Enjoy high energy workouts that will burn calories with boxing and kickboxing combos to the hottest music for a dance party feel.

ZUMBA

Tuesday 4:30pm-5:30pm

Spice up your workout with this 1 hour class that fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind experience. For all exercisers beginner to advanced who want a fun filled calorie-burning workout.

**CLASSES AVAILABLE
MONDAY - FRIDAY!**



UnityPoint Health