

# GROUP FITNESS SCHEDULE

(309) 672-5904 • 900 W Main Street Suite 010 Peoria, IL 61602

All classes held at UnityPoint Health Methodist I Proctor Wellness Center located in the Atrium Building unless otherwise noted.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-6:30 AM	Spinning		Spinning	Fitness 101	Spinning
8:00-9:00 AM		Fluid Moves		Fluid Moves	
9:00-10:00 AM		Gentle Aerobics			Living Strong
9:15-10:00 AM				Aqua Fitness	
9:30-10:00 AM	Fitness 101		Fitness 101		Fitness 101
10:00-11:00 AM	Fluid Moves		Fluid Moves		Fluid Moves
10:30-11:30 AM		Fluid Moves		Fluid Moves	
12:15-12:45 PM	Step It Up	Spinning	Core Express	Spinning	Total Body Circuit
12:15-12:45 PM	Fitness Fusion (*Proctor Campus)	Cardio Blast (*Proctor Campus)	Fitness Fusion (*Proctor Campus)	Cardio Blast (*Proctor Campus)	Fitness Fusion (*Proctor Campus)
3:30-4:30 PM		Fluid Moves		Fluid Moves	
4:00-5:00 PM	Fluid Moves		Fluid Moves		Fluid Moves
4:15-5:00 PM		Aqua Zumba			Aqua Zumba
5:00-5:45 PM	Aqua Fitness		Aqua Fitness		Aqua Fitness
5:00-6:00 PM			Zumba		
6:00-6:45 PM	Spinning			Total Body Circuit	

\* Proctor campus fitness center located in basement of Proctor Hospital

 QUESTIONS?? Contact the Wellness Center at (309) 672-5904 or e-mail Maria Fever at [maria.fever@unitypoint.org](mailto:maria.fever@unitypoint.org)