

# UNITYPOINT HEALTH

## GROUP FITNESS SCHEDULE *effective 1/2/19 - 3/31/19*



All classes held at UnityPoint Health Wellness Center (900 Main St. Suite 10 Peoria, IL) unless otherwise noted.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00 AM		Gentle Aerobics			Living Strong
9:15 - 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
10:00 - 10:30 am				Water Volleyball	
10:30 - 11:30 AM		Fluid Moves		Fluid Moves	
12:15-12:45 PM	Fitness Fusion <i>(*Proctor Campus)</i>	Fitness Fusion <i>(*Proctor Campus)</i>	Fitness Fusion <i>(*Proctor Campus)</i>	Fitness Fusion <i>(*Proctor Campus)</i>	Fitness Fusion <i>(*Proctor Campus)</i>
4:00-5:00 PM	Fluid Moves		Fluid Moves		Fluid Moves
4:30-5:15 PM	Turbo Kick				
4:30 - 5:00 PM	Fitness Fusion <i>(*Pekin Campus)</i>	Fitness Fusion <i>(*Proctor Campus)</i>	Fitness Fusion <i>(*Pekin Campus)</i>	Fitness Fusion <i>(*Proctor Campus)</i>	
5:00 - 5:30 pm		Deep Water Aerobics		Deep Water Aerobics	
5:15 - 6:00 PM	Aqua Fitness	Wellness Weights	Aqua Fitness	Wellness Weights	Aqua Fitness
6:15-7:00PM		Total Body Circuit		Total Body Circuit	
6:00-7:00 PM			Foundations of Yoga		

QUESTIONS?? Contact the Wellness Center at (309) 672-5904 or [wellnesscenter@unitypoint.org](mailto:wellnesscenter@unitypoint.org)