

UNITYPOINT HEALTH

Wellness Services



GROUP FITNESS SCHEDULE *effective 1/1/20 - 3/31/20*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00 AM					Living Strong
9:00-9:45 AM		Aqua Fitness		Aqua Fitness	
9:30-10:00 AM	Fitness 101		Fitness 101		Fitness 101
9:30-10:30 AM				Water Volleyball	
10:00-10:30 AM		Deep Water Aerobics			
10:00-11:00AM	Fluid Moves		Fluid Moves		Fluid Moves
10:30-11:30 AM		Fluid Moves		Fluid Moves	
12:15-12:45 PM	Fitness Fusion	Fitness Fusion <i>(*Proctor Campus)</i>	Fitness Fusion	Fitness Fusion <i>(*Proctor Campus)</i>	Fitness Fusion
4:00-5:00 PM	Fluid Moves		Fluid Moves		Fluid Moves
4:30-5:30 PM	Turbo Kick	Zumba/Pound		Spin	
5:00-5:45 PM	Aqua Fitness		Aqua Fitness		Aqua Fitness
5:30-6:30 PM		Wellness Weights		Wellness Weights	

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

QUESTIONS?? Contact the Wellness Center at (309) 672-5904 or allyson.friday@unitypoint.org

