

BWC GROUP EX UPDATE

Check out our July group exercise schedule! With 13 options to choose from, you are sure to find a class that sparks your interest and fits into your schedule! For class descriptions or to purchase a group exercise package, log into your Blessing Wellness Center mobile app.

Early Bird Strength Training

Wednesday & Friday 5:45 - 6:30a

Forever Fit

Monday & Wednesday 8 - 8:45a

Pilates Reformer Fusion

Monday & Friday 12 - 12:30p

Lunch & Lift

Tuesday & Thursday 12 - 12:30p

Youth Weight Lifting Fundamentals

Tuesday & Thursday 4:30 - 5:15p

Power 45

Monday & Wednesday 5:30 - 6:15p



I am a 2022 graduate of QU and received my B.S. in Exercise Science based in Human Performance. I am a NCSF Certified Personal Trainer. The best part of being a trainer is helping people improve their health and fitness to become more comfortable in daily life. Outside of work, I enjoy volleyball and weight lifting!

MATTHEW WINKING



PERSONAL TRAINER

GRANT HIGGINS



EXERCISE PHYSIOLOGIST

I received my B.S. in Exercise Science based in Human Performance from QU, where I also played soccer for four years. I am a NASM Certified Personal Trainer and Stretch Coach. I enjoy working with all populations to try and achieve a higher quality of daily living through exercise. My passion is to improve the health and habits of those in my community. I aspire to teach as many as I can how beneficial exercise is and how we can best improve ourselves. Outside of work, I enjoy spending time outdoors and playing sports with friends and family.

BWC PRE-ORDER MEALS FOR JULY

Orders are due by 2 pm on the Friday before the date listed.

7/1: Queso Pasta

Jalapeno Popper Chicken Salad

7/8: Taco Bowl over Cauliflower Rice

Taco Bowl over Rice

7/15: Lasagna

Cranberry Apple Chicken Salad

7/22: Egg Roll in a Bowl

Chicken Bacon Ranch Patty w/ Sweet Potatoes

7/29: Chili Mac

Chicken Berry Salad

BWC CULINARY CLASSES FOR JULY

7/1: Grill Pack Culinary Class

7/9: Kids' Food Art Class

7/15: Fish Tacos Culinary Class

7/23: Fresh Summer Rolls Culinary Class

7/31: Watermelon Carving and Culinary Class