



NEW CLASSES

HIIT

Quick bursts, short rests, and total body burn.
High intensity interval training at its best!

8 week program

Tuesday & Thursday Evenings

5:15 to 6:00 pm

January 6 - February 26

Cost: \$100

Limit: 12 participants

STRENGTH & CIRCUITS

A full body strength class built to make you
stronger, leaner, and more confident with
every lift!

8 week program

Tuesday & Thursday Evenings

6:15 to 7:00 pm

January 6 - February 26

Cost: \$100

Limit: 12 participants

Instructor Bio: Fueled by music, movement, and motivation! Bre has turned her love for basketball into a passion for fitness. She's here to help others discover their strength, confidence, and energy – one workout a time!

Registration Deadline: January 2 at 12 PM

Registration: 217.214.5858 or blessingwellnesscenter@blessinghealth.org

B *BLESSING*
Wellness Center

Instructor
Breahna Sapp
NASM GPT Certified

