



NEW CLASSES

POWER 45

A comprehensive high energy strength and conditioning fitness class, that targets the entire body. Within weeks participants will start to see their body transform as they become stronger.

8 week program

Monday & Wednesday Evenings
5:15 to 6:00 pm

January 5 - February 25

Cost: \$100

Limit: 12 participants

Instructor Bio: Trained in PiYO, Insanity, Jillian Michael's Body Shred, and Indo Row. Beth has worked in the fitness industry for 26 years in many different avenues. She was born and raised in Quincy, has three children of her own plus two bonus kids with her husband Rick. Beth loves to stay active through running, hiking, kayaking or lifting weights in the gym. Count on her classes to have great music and workouts to make you sweat!

Registration Deadline: January 2 at 12 PM

Registration: 217.214.5858 or blessingwellnesscenter@blessinghealth.org

PILATES FUSION

A hybrid workout that includes elements of Pilates as well as other fitness techniques. The class aims to target core strength and flexibility by utilizing body weight, Pilates balls, resistance bands, and light weights.

8 week program

Monday & Wednesday Evenings
6:15 to 7:00 pm

January 5 - February 25

Cost: \$100

Limit: 12 participants

B *BLESSING*
Wellness Center

Instructor
Beth Craven
AFAA Certified Personal Trainer

