GROUP FITNESS & CLASS OPTIONS

BLESSING Wellness Center
217.214.5858

GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45 AM	Forever Fit	Forever Fit	Forever Fit	Forever Fit	Forever Fit
12:00-12:30 PM	Pilates Reformer Fusion	Lunch & Lift		Lunch & Lift	Pilates Reformer Fusion
5:15-6:00 PM	Power 45	HIIT	Power 45	HIIT	
5:30-6:15 PM	Functional Strength		Functional Strength		Functional Strength
6:15-7:00 PM					

PERSONAL TRAINING

	30 Minutes	45 Minutes	60 Minutes
4 Session Package	$80	$120	$160
8 Session Package	$140	$220	$280
12 Session Package	$180	$300	$360

CLASS PACKAGES

10 Classes	$80
25 Classes	$150
10 Classes (Senior Rate 65+)	$50

*Class packages will expire after 6 months

*Registration for classes is encouraged. Class sizes are limited.

To register and purchase classes, download the Blessing Wellness Center App or visit blessinghealthsystem.org/WellnessCenter and click on member portal.

WELLNESS

Available on the App Store

ANDROID APP ON Google play

BLESSING Wellness Center

CLASS OPTIONS



HIIT

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

STRENGTH & CIRCUITS

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

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.

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.

FUNCTIONAL STRENGTH

Involves full body resistance training. Incoporating bodyweight and weightlifting concepts that will help with strength and mobility in daily movement.

LUNCH & LIFT

A quick and effective resistance training based class to get you in, get you moving, and give you a boost for the rest of your workday!

FOREVER FIT

Tailored toward participants who want to work out, regardless of age! Weight training to gain strength and confidence in daily movement. This class will give participants the fundamentals to be fit forever!

PILATES REFORMER FUSION

Combines classic mat Pilates moves with Reformer exercises for an exciting full body workout. All fitness levels are welcome.



Beth Craven
AFAA Certified
Personal Trainer



Breahna Sapp
NASM Certified
Personal Trainer



Grant Higgins
NASM Certified
Personal Trainer



Matt Winking
NCSF Certified
Personal Trainer



Kylie Willey
NASM Certified
Personal Trainer

Registration: Call 217.214.5858 or email blessingwellnesscenter@blessinghealth.org