

monday

5:30 AM SGST (Full Body) ☼
 9:00 AM Flow Yoga
 10:00 AM Gentle Yoga ☑
 11:00 AM Balance
 12:10 PM Express Yoga Sculpt
 4:30 PM Total Body
 5:15 PM Water Exercise

Katelyn
 Becky
 Becky
 Katelyn
 Becky
 Taylor
 Krissy

tuesday

8:00 AM Water Exercise
 9:00 AM Senior Strength
 12:10 AM Ab Lab Express

Katelyn
 Becky
 Becky

wednesday

6:00 AM F'ab Ride
7:00 AM SGST (Stretch) ☼
 9:00 AM Flow Yoga
 11:00 AM Chair Yoga
 12:10 PM Express Total Body
 4:30 PM Total Body
 5:15 PM Water Exercise

Becky
Becky
 Becky
 Becky
 Becky
 Taylor
 Krissy

thursday

8:00 AM Water Exercise
 8:00 AM F'ab Ride

Katelyn
 Brad

friday

5:00 AM SGST (Full Body) ☼
6:00 AM SGST (Stretch) ☼
 9:00 AM Flow Yoga
 10:00 AM Gentle Yoga ☑
 11:00 AM Balance

Becky
Becky
 Becky
 Becky
 Katelyn

☼ Boldfaced SGST sessions require a different credit pack
 ☑ Virtual Gentle Yoga—Zoom Meeting ID 94697337554

Purchase a bundle and save!

Monthly or Annual Memberships Available

Daily Pass \$10
 Class Fee \$10 per class

Punch Card / Bundle Classes—10 Classes
 Members \$71
 Non-Members \$91

Download the **Midwest Health & Fitness App** to purchase and register for classes, or contact our Fitness Center at 815-777-4960.



GOOGLE PLAY



APPLE



midwest
 HEALTH & FITNESS CENTER

MidwestMedicalCenter.org

1 Medical Center Drive | Galena
815-777-4960

Monday-Thursday
 5:30 AM - 7:00 PM

Friday
 5:30 AM - 6:00 PM

Saturday
 7:00 AM - Noon

Sunday
 Closed

Exciting news!

When our new expansion is complete in 2025, you will have access 24/7, and we will have an indoor walking / running track.

CLASS SCHEDULE fall/winter 2023

Let's get moving!

Our team of trained specialists are excited to help you fulfill your health and fitness goals.

Midwest Health & Fitness is not like other gyms. Our facility is part of a medical center, and that means we focus on your overall wellness. Not just your muscles. We have the cardio equipment and weight machines to keep you fit and strong.

Whether training, working to regain your strength, or maintaining optimal health, we're here for you.

your fitness team

Marty Soat
Krissy Custer
Brad Gerein
Natalie Gibbins
Taylor Humphrey
Katelyn Leiden
Becky Mayne



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 HEALTH & FITNESS CENTER

MidwestMedicalCenter.org

815-777-4960

CLASS DESCRIPTIONS

AB LAB 35 Minutes

The abdominal workout solution for all levels that focuses on toning and defining abdominals, helping to maintain good posture and a healthy back. A blend of Pilates and yoga with basic ab, back and booty framework. HIIT cardio moves for burning fat are also a focus.

BALANCE 45 Minutes

A class focusing on stability and balance from a chair, standing on a balance pad, and at a rail. Controlled awareness is emphasized. This class also includes strength training.

CHAIR YOGA 45 Minutes

Students perform postures and breathing exercises with the aid of a chair. Experience the many benefits of yoga without having to get up or down from the floor. Benefits could be increased balance, energy, strength, flexibility, range of motion, and stress reduction.

F'AB RIDE 45 Minutes

A fusion of cycle, total body strength and more during this interval class.

FLOW YOGA 50 Minutes

A mindful, slower paced vinyasa yoga class that includes flow elements, core work and standing postures to increase mobility, stability, strength and flexibility, with a relaxing wind-down to Shavasana. Students will link movement to breath to implement poses with effort and ease. Meditation included.

GENTLE YOGA 50 Minutes

An introduction to basic yoga poses with the added use of yoga belts, blocks, and foam rollers. The primary purpose of gentle yoga is to help one relax and minimize stress within the body and mind. Poses are slow and repetitive to increase body awareness for better coordination and balance. Virtual option available through Zoom.

EXPRESS YOGA SCULPT 35 Minutes

Time to tone! This flow-based yoga class focuses on traditional body weight yoga poses while incorporating weights to build muscular strength, endurance, and balance in the back muscles, arms, abdominals, and glutes. Finishing class with a restorative stretch and meditation.

SENIOR STRENGTH 45 Minutes

This total body class incorporates moves to improve your cardiovascular and muscular strength, balance and stability. When performed regularly, strength training builds bone and muscle and counteracts the weakness and frailty that usually comes with aging.

TOTAL BODY 35 Minutes

A circuit training class using dumbbells and body weight to increase muscular strength and endurance.

TOTAL BODY EXPRESS 35 Minutes

A fast-paced, condensed version of Total Body.

WATER EXERCISE 60 Minutes

The use of water as resistance helps strengthen joints and muscles and provides a great cardiovascular workout with reduced stress on all joints.

SPECIALIZED TRAINING

SMALL GROUP SPECIALIZED TRAINING (SGST)

GROUP STRETCH

The combination of deep stretches with a gradual elevation of core temperature helps the body find more flexibility within an individual's range of motion. Long, passive poses allow time and gravity to deepen the stretch in the muscles and target connective tissues, ligaments, joints, bones and fascia. Energetic and/or physical blockages can then be released allowing new energy to flow freely through the body.

FULL BODY

The use of progressive overload combined with periodization training will accelerate an individual's ability to build muscle mass and increase overall strength. Two to three sessions a week are the ideal number to achieve these gains.

PERSONAL TRAINING

Take the guesswork out of your fitness programs. A personal trainer will create a series of workout routines that are uniquely tailored to your individual goals and abilities as well as hold you accountable while you implement them.

ONE-ON-ONE TRAINING

For those who want or need the undivided attention of a personal trainer.

SEMI-PRIVATE PERSONAL TRAINING

A cost-effective alternative to one-on-one training.

How to purchase class credits

- Open the Glofox app
- Click 'memberships' tab at bottom right
- Click 'buy credits' tab at top right
- Choose Class package option

Gym members only: Purchase at the Fitness Center front desk.

How to purchase training credits

- Open your Glofox app
- Click "memberships" tab at bottom right
- Click 'buy credits' tab at top right