



Medical Exercise Program



OSF HEALTHCARE SAINT FRANCIS MEDICAL CENTER

HOURS OF SERVICE: MONDAY THROUGH FRIDAY from 7:00 A.M. TO 3:30 P.M.

GROUP FITNESS

Low impact aerobic dance based class, incorporating strength and light callisthenic exercises.

Day & Time:

Monday, Wednesday & Friday: 8:15 - 9:15 a.m. in the second floor aerobic studio

Monday, Wednesday & Friday: 9:30 - 10:30 a.m. in the first floor small gym

SILVERSNEAKERS® CLASSIC

A variety of equipment is used in this class to improve strength, range of motion, and activity for daily living skills, with the option of performing exercises seated or standing.

Day & Time:

Monday, Wednesday & Friday: 2:15 - 3:15 p.m. in the second floor aerobic studio

Tuesday & Thursday: 9:00 - 10:00 a.m. in the second floor aerobic studio

MIND & BODY CONNECTION

Graceful, circular, and relaxed movements that will help improve your balance and overall health.

Day & Time:

Wednesday & Friday: 1:00 - 2:00 p.m. in the second floor aerobic studio

WARM WATER ARTHRITIS CLASSES

Low impact, range of motion focused class with a portion of cardiovascular endurance exercise and work with various equipment to improve strength and flexibility.

Day & Time:

Monday, Tuesday, Wednesday, Thursday & Friday: 9:00 - 10:00 a.m. & 10:00 - 11:00 a.m.

POWER PHASE

Class designed for moderate intensity circuit strength training and focuses on functional strength and balance.

Day & Time:

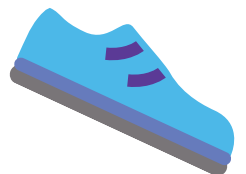
Monday, Wednesday & Friday: 2:00 - 2:45 p.m. in the first floor Riverview Room.

FITNESS FOR PARKINSON'S

Class designed specifically for those with Parkinson's disease, focusing on large range of movement, balance, and strength exercises.

Day & Time:

Tuesday & Thursday: 11:00 - 11:50 a.m. in the second floor aerobic studio



For more information, attend a weekly orientation on Tuesday at 1:00 p.m. or call (309) 282-1617.

Located at 600 NE Water Street, Peoria, IL 61603