

OSF Saint Francis MEDICAL EXERCISE PROGRAM

Hours of Service: Monday, Wednesday & Friday 6:00am-4:30pm | Tuesday & Thursday 7:00am-12:00pm

OSF Education Class

Education class topics include the latest nutrition and wellness information. *Class Length: 25 minutes*

Day & Time: 2nd & 4th Wednesday of the month
7:45am, 9:15am, 10:30am & 1:30pm
Location: Classroom on 2nd floor

OSF Back-to-Basics Class

An introduction of the basic exercises needed to form a strong foundation for your future fitness programs. This class is designed for individuals looking for a moderate intensity workout including: warm-ups, stretches, and strength training.

Day & Time: Monday, Wednesday, and Friday
6:15 - 6:45am
3:30 - 4:00pm
Location: Aerobic Studio on 2nd floor

OSF Fit & Strong Maintenance Class

Fit & Strong is an award-winning, evidence-based physical activity/behavior change program proven to benefit arthritis symptoms and promote an active lifestyle.

Day & Time: Tuesday and Thursday
10:00 - 11:00am
Location: Aerobic Studio on 2nd floor

OSF Hi-Lo/Group Fitness Class

This exciting exercise class includes: warm-ups, stretches and strength training. Aerobic dance is offered or you can choose to use the many different types of aerobic exercise equipment.

Day & Time: Monday, Wednesday, and Friday
8:15 - 9:15am
9:30 - 10:30am
Location: Aerobic Studio on 2nd floor

OSF Lite and Lively Class

A motivating exercise class designed for individuals looking for a lower intensity workout. This workout includes: warm-ups, stretches, aerobics, and strength training. This class is designed at a pace specific for you. You make the choice, set your pace and you're ready to go! Chairs are provided as needed.

Day & Time: Monday, Wednesday, and Friday
10:45 - 11:45am
Location: Aerobic Studio on 2nd floor

OSF Power Phase Strength Training

Increase your strength and endurance with this structured strength training class.

Day & Time: Monday, Wednesday, and Friday
7:00 - 8:00am
3:00 - 4:00pm
Location: Fitness Area on 2nd floor

OSF SilverSneakers®

Muscular Strength & Range of Movement (MSROM)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

Day & Time: Monday, Wednesday, and Friday
2:00 - 3:00pm
Tuesday and Thursday
8:30 - 9:30am
Location: Aerobic Studio on 2nd floor

OSF Tai Chi Class

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

Yang Style – Day & Time: Monday, Wednesday, and Friday
7:15 - 7:50am
Location: Aerobic Studio on 2nd floor

Sun Style – Day & Time: Monday and Friday
1:15 - 2:00pm
Location: Aerobic Studio on 2nd floor

Tai Chi for Balance – Day & Time: Wednesday
1:15 - 2:00pm
Location: Aerobic Studio on 2nd floor

Please allow 15-minutes for check-in prior to the classes. We will check your blood pressure, heart rate, and oxygen level as needed. *All RiverPlex members are welcome to attend OSF classes.*

Classes are held at the RiverPlex Recreation and Wellness Center, 600 NE Water Street, Peoria, IL 61603.

For more information, call (309) 282-1600.

