



BEACON[™]
Health & Fitness

Classes

Elkhart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Xcelerate 5:15am - 30min Kristen		Xcelerate 5:15am - 30min Kristen		Xcelerate 7:15am - 45min Ashley
Strength & Core 5:30am - 45min Kara	Sunrise Yoga 6am - 45min Jenny	Power Core 5:15am - 30min Jessica G	Sunrise Yoga 6am - 45min Jenny	Strength & Core 5:30am - 45min Kara	
	Xcelerate 6am - 30min Kristen	HIIT 6am - 30min Jessica G	Xcelerate 6am - 30min Kristen		WATERinMOTION® 8am - 45min Halle
Xcelerate 9am - 45min Stacy		Xcelerate 9 am - 45min Kristen		Xcelerate 9am - 45min Stacy	Yoga 9:15am - 45min Andrea/Emily
Strength & Core 9am - 45min Kaylin	Strength 9am - 45min Mallory	Strength & Core 9am - 45min Kaylin	Strength 9am - 45min Mallory	Strength & Core 9am - 45min Kaylin	Boot Camp 8:30am - 45min Ashle
WATERinMOTION® 9am - 45min Ashle	Pyramid H2O 9am - 45min Ashle	WATERinMOTION® 9am - 45min Ashle	WATERinMOTION® Strength 9am - 45min Ashle	WATERinMOTION® 9am - 45min Ashle	Strength 9:30am - 45min Ashle
Stretch & Balance 10am - 45min Josie	Barre, Ball & Burn 10am - 45min Peggy	Stretch & Balance 10am - 45min Peggy	Barre, Ball & Burn 10am - 45min Peggy	Yoga 11 am - 60min Jenny	
Nature Walk 11:30- 45min Stacy	Deep Aqua 10am - 45min Andy	Island Walk 11:30 - 45min Peggy	Deep Aqua 10am - 45min Andy		
Strong & Lean Noon - 30min Ashle		Boot Camp Noon - 30min Ashle	Xcelerate 12:15pm - 45min Stacy	Strong & Lean Noon - 30min Ashle	
Tabata Burn 5:30pm - 30min Ashle	HIIT Boxing 5:30 - 45min Halle	Tabata Burn 5:45pm - 30min Emily	HIIT Boxing 5:30 - 30min Jessica G		
	Xcelerate 5:30pm - 45min Ashley		Xcelerate 5:30pm - 45min Audrey		
	WATERinMOTION® 5:30pm - 45min Ashle		WATERinMOTION® 5:30pm - 45min Ashle		
Strength 6:15pm - 45min Ashle	Power Core 6:30pm - 45min Ashle	Strength 6:30pm - 45min Emily	Power Core 6:15pm - 45min Jessica G		
	Yoga 6:30pm - 60min Jenny		Yoga 6:30pm - 60min Jenny		

Location of Class

- Pool
- Cycling Studio
- Group Fitness
- Yoga/Pilates
- Commons Lobby
- Gym
- Outdoor Optional
(weather permitting)



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Elkhart | Granger | South Bend
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Class Descriptions

Barre, Ball, and Burn

Sculpt, tone and align your entire body while you melt away the calories! Rooted in strength training, Pilates, and dance; this fun fast-paced class uses safe options for all ages and abilities. You won't be bored - we provide the perfect props! Ab Ball, balance bolster, stretch bands, blocks, body bar, Bosu, PhysioBall, resistance bands, yoga straps, and swivel discs to name a few! Look and feel firm and fit fast!

Boot Camp

Come fire up your day with this class designed to provide a mix of aerobic, strength training, and conditioning elements utilizing different equipment and movements in every class. Variety is key!

Deep Aqua

This deep-water exercise provides the benefits of cardiovascular training with little to no stress on your joints. This low impact workout utilizes flotation devices and offers new challenges to your muscles while easing the strain in those problematic areas. (Participants must be able to climb a pool ladder to enter and exit.)

HIT (High Intensity Training)

Boot your way back into shape with this high intensity workout! Challenge your strength and cardio with a variety of exercises.

HIIT Boxing

In this class you'll experience a combination of short bursts of intense exercises including boxing and martial arts inspired moves. Options for all moves are provided. You'll burn calories, improve your cardiovascular health, and punch and kick your way to a leaner, stronger body!

Nature/Island Walk

Nature Walk, a free program open to members and non-members alike, takes a 45-minute stroll outside. Meet in the Commons lobby of Elkhart Health & Aquatics for a walk on Elkhart's walking paths.

Power Core

A class designed to focus on your foundation - the core. Create stability from the axis, or the middle of your body, which is the basis of all movement, then layers on mobility, strength and power.

Strength

Use weights, bands, stability balls, body bars and the bosu to work all the muscle groups of the body.

Strength & Core

Total Strength with Core and more!

Strong & Lean

Come and experience the unique workout that will fuse the movements of barre, Pilates, yoga, aerobics, and strength exercises. Feel the burn and reap the benefits.

Stretch/Balance

Gentle stretching from head to toe while working on your balance. Leave feeling refreshed and open.

Tabata Burn

Push yourself in this interval-styled class where anything goes- strength, cardio, kickboxing, core, high and low intensity combinations. A new experience awaits!

Xcelerate

Our instructors will take you on a ride to the rhythm of music. Saddle up and prepare for a blast of speed in every track.

WATERinMOTION®

The newest aqua exercise workout that provides a low impact, high-energy challenge for cardiovascular workout tones and tapers the entire body.

WATERinMOTION® Strength

Takes advantage of the aqua environment to build muscular endurance, power and overall tone in a workout using aqua dumbbells. This class uses the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while enhancing recovery time and improving flexibility and power.

Yoga

Based on the Hatha style of yoga. Practice at your own pace & feel good in your body!

- **Sunrise Yoga** - Wake up and flow! This class will consist of some faster paced flows and an exploration of more challenging sequences. Some previous experience in yoga is recommended.