



# BEACON<sup>™</sup> Health & Fitness

# Classes Granger

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Xcelerate30</b> 5:15am - 30min Danielle	<b>GRIT<sup>™</sup></b> 5:15am - 30min Jessica G	<b>Xcelerate</b> 5:15am - 45 min Audrey	<b>GRIT<sup>™</sup></b> 5:15am - 30min Jessica G	<b>Xcelerate30</b> 5:15am - 30min Jessica G	<b>Xcelerate</b> 7:15am - 45 min Danielle/Mary
<b>Xcelerate30</b> 6am - 30min Danielle	<b>Power Core</b> 6am - 30min Jessica G	<b>Bootcamp</b> 6am - 45 mins Danielle	<b>Power Core</b> 6am - 30min Jessica G	<b>Xcelerate30</b> 6am - 30min Jessica G	<b>Kettlebell Circuit</b> 7:30am - 45min Cindy/Jessica G
<b>Yoga</b> 8am - 45min Emily	<b>PILOXING®</b> 8am - 45min Cindy	<b>Yoga</b> 8am - 45min Emily	<b>PILOXING®</b> 8am - 45min Cindy	<b>Bootcamp</b> 9am - 45min Cindy	<b>Sunrise Yoga</b> 8am - 45min Chelly
<b>Strength</b> 9am - 45min Kerri	<b>Power Core</b> 9am - 45min Linda	<b>Strength</b> 9am - 45min Kerri	<b>Power Core</b> 9am - 45min Linda	<b>WATERinMOTION®</b> 9am - 60min Deborah	<b>Xcelerate</b> 8:15am - 45 min Danielle/Mary
<b>Pyramid H2O</b> 9am - 45min Judy	<b>Xcelerate</b> 9am - 45 min Mandy	<b>WATERinMOTION®</b> <b>Strength</b> 9am - 45min McKenzie	<b>Xcelerate</b> 9am - 45 min Mandy	<b>Pilates</b> 10am - 45min Heather	<b>WATERinMOTION®</b> 8:30am - 60min Judy
<b>Stretch/Balance</b> 10am - 45min Jamie	<b>WATERinMOTION®</b> 9am - 60min KT	<b>Pilates With Props</b> 10am - 45min Jenny G	<b>WATERinMOTION®</b> 9am - 60min KT	<b>Pyramid H2O</b> 10:30am - 45min Tama	<b>Strength</b> 8:30am - 45 min Jessica G/Cindy
<b>Strength</b> 11 am - 45min Kerri	<b>WATERinMOTION®</b> <b>Strength</b> 10:15am - 45min Mandy	<b>Strength</b> 11 am - 45min Kerri	<b>WATERinMOTION®</b> <b>Strength</b> 10:15am - 45min Mandy	<b>Strength</b> 11 am - 45min Kerri	<b>Yoga Foundations</b> 9:15am - 45min Chelly
<b>GRIT<sup>™</sup> Strength</b> NOON - 30min Kerri	<b>Core Strength Yoga</b> NOON - 45min Yoga/ Diane	<b>GRIT<sup>™</sup> Athletic</b> NOON - 30min Kerri	<b>Yoga</b> NOON - 45min Josie	<b>Sculpt &amp; Tone</b> 11 am -45min Josie	<b>Cardio Dance</b> 9:30am - 45min Christine
<b>Xcelerate</b> 12:30pm - 45min Christina	<b>Yoga</b> 1pm - 45min Jamie	<b>Xcelerate</b> 12:30pm - 45min McKenzie	<b>Xcelerate</b> 5:30pm - 45min Mandy	<b>GRIT<sup>™</sup> Cardio</b> NOON - 30min Kerri	<b>Type of Class</b> <span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> Pool <span style="display: inline-block; width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> Cycling <span style="display: inline-block; width: 15px; height: 15px; background-color: #D3D3D3; border: 1px solid black; margin-right: 5px;"></span> Group Fitness <span style="display: inline-block; width: 15px; height: 15px; background-color: #FFFFFF; border: 1px solid black; margin-right: 5px;"></span> Yoga/Pilates <span style="display: inline-block; width: 15px; height: 15px; background-color: #32CD32; border: 1px solid black; margin-right: 5px;"></span> Outdoor Class (weather permitting)
<b>Cardio Dance</b> 4pm - 45min Christine	<b>Xcelerate</b> 5:30pm - 45min Mary P	<b>Cardio Dance</b> 4pm - 45min Christine	<b>Strength</b> 5:30pm - 45min Linda	<b>Xcelerate</b> 12:30pm - 45min Mandy	
<b>Sculpt &amp; Tone</b> 5:15pm -45min Jessica G	<b>Strength</b> 5:30pm - 45min Emily H	<b>Xcelerate</b> 5:30pm - 45min Jessica G	<b>Vinyasa Yoga</b> 5:45pm - 45min Andrea		
<b>Xcelerate</b> 5:30pm - 45min Lynda	<b>Vinyasa Yoga</b> 5:45pm - 45min Andrea	<b>Yin Yoga</b> 5:30pm - 45min Emily H	<b>Cardio Dance</b> 6:30pm - 45min Christine		
<b>GRIT<sup>™</sup></b> 5:45pm - 30min Mandy		<b>GRIT<sup>™</sup></b> 5:45pm - 30min Kerri			
<b>WATERinMOTION®</b> <b>Strength</b> 5:45pm - 45min Christine		<b>WATERinMOTION®</b> 5:45pm - 60min Judy			
<b>Power Yoga</b> 6:30pm - 45min Emily H		<b>Kettlebell Circuit</b> 6:30pm - 45min Jessica G			
<b>Kettlebell Circuit</b> 6:30pm - 45min Jessica G					



Elkhart | Granger | South Bend  
 BeaconHealthAndFitness.org  
 EStukel@beaconhealthsystem.org



## Class Descriptions

### **Bootcamp**

Boot your way back into shape! Challenge your strength, cardio, balance and flexibility with a variety of exercises.

### **Cardio Dance**

Cardio dance classes fuse musical rhythms and choreographed dance moves together to create a dynamic workout that's designed for fun—and a good workout! No prior dance experience is required. Classes offer easy-to-learn moves that anyone can pick up.

### **GRIT™ (Strength/Athletic/Cardio)**

The Les Mills GRIT™ Series features three – Strength, Athletic and Cardio, 30-minute workouts designed to get you real results, fast.

### **Kettlebell Circuit**

Take some classic kettlebell moves, add some new kettlebell moves, vary the mix TRX suspension trainers, BOSU, and body weight exercises, and experience an overall workout which will increase your endurance, build your overall strength, and leave you hooked.

### **Pilates**

Based on the teachings of Joseph Pilates, learn the mat exercises to develop better posture and improve torso strength.

### **PILOXING®**

A non-stop interval fusion of Pilates, boxing and dance, that will push you to your limits. Feel and let loose with fun and funky dance moves.

### **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.

### **Pyramid H2O**

Interval training - aqua style.

### **Sculpt & Tone**

This class will sculpt you into shape quickly and effectively! Tone your arms, legs and get a rock-solid mid-section by utilizing free weights, resistance bands, physio balls, and your own body weight.

### **Strength**

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

### **Stretch/Balance**

Gentle stretching & balance training leaves you feeling balanced & refreshed.

### **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.

### **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.

### **Yoga**

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

- **Core Strength Yoga** - Through mindful movement learn to activate the deep core muscles to realign and stabilize the spine while expanding your breath to create a healthy balance between body mind & heart.
- **Power yoga** - A powerful, energetic form of yoga where students connecting their breathing to their movements. chaturanga, upward facing dog and downward facing dog.
- **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.
- **Yoga Foundations** - Whether you are brand new to yoga or an experienced yogi who prefers slower sequences, this class is for you. Poses and sequences will be broken down more to encourage safety in practice and mindful movement.
- **Yoga/Strength Fusion** - Provides a unique mind/body experience featuring traditional yoga poses such as warrior & strength.
- **Yin Yoga** - A deep, meditative, passive, and grounding practice. Through the use of passive holds, the yin style involves surrendering into poses and exploring them for longer periods of time in order to let go of tensions stored in the body to calm the nervous system.
- **Vinyasa Yoga** - focus on stimulating the connective tissues and joints, improving the flow of Chi or Prana through these areas. This is accomplished through passive holding (stretching) of specific postures for 3-5 minutes, using the breath to ease the body further into the pose. The postures are not difficult to hold for these periods of time and are frequently supported by a prop or two in order to allow you to release and relax.