



BEACON
Health & Fitness

Classes

South Bend

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Power Core 6:30am - 30min Heather	Bootcamp 5:45am - 45min Sally	Power Core 6:30am - 30min Sara M	Bootcamp/Strength 5:45am - 45min Sally	Yoga 8:30am - 45min Jamie	NEW HIIT 7:15am - 30min Jessica G/Mandy
Bodypump™ 9am - 60min Linda	Strength 9am - 60min Aleigha	WATERinMOTION® 9am - 45min Deboarh	Strength 9am - 60min Jess	WATERinMOTION® 9am - 45min Judy	Xcelerate 7:15am - 45min Mila/Mandy
WATERinMOTION® 9am - 45min Deborah	WATERinMOTION® 9:30am - 45min McKenzie	Sculpt & Tone 10am - 45min Jonell	WATERinMOTION® Strength 9:30am - 45min McKenzie	Bodypump™ 9:30am - 45min Kayla	Bodypump™ 8:00am - 60min Jessica/Jules
SEASONAL City Walk 10am - 60min Jonell	Stretch 10:15am - 45min Colleen	Power Core 11:15am - 45min Jessica G	Stretch 10:15am - 45min Kayla	Xcelerate NOON - 45min McKenzie	Pilates 9:15am - 45min Emily/Colleen
Xcelerate NOON - 45min Krista	Yoga 11:15am - 45min Jamie	SEASONAL City Walk NOON - 60min Jonell	Yoga 11:15am - 45min Diane	Sculpt & Tone 12:15pm - 45min Jessica G	WATERinMOTION® 9:30am - 45min KT
Power Core NOON - 30min Jonell	Xcelerate NOON - 30min Mandy	Xcelerate NOON - 45min Krista	Xcelerate NOON - 45min Mandy		Yoga 10:45am - 45min Jamie
Pilates 5:30pm - 45min Colleen	Bodypump™ 12:15pm - 30min Kerri	Pilates 12:15pm - 45min Emily	Bodypump™ 12:15pm - 30min Kayla/Colleen		
Bootcamp 5:30pm - 45 mins Cindy	Bodypump™ 5:30pm - 60min Jessica G	Bootcamp 5:30pm - 45min Cindy	Bodypump™ 5:30pm - 60min Jules		
WATERinMOTION® 5:30pm - 45min KT	Yoga 6:45pm - 45min Jamie	NEW Xcelerate 5:30 - 45min Mandy			

Type of Class

- Group Fitness
- Cycling (Gym)
- Pool
- Gym
- Lobby



Elkhart | Granger | South Bend

BeaconHealthAndFitness.org

JDubois@beaconhealthsystem.org



Class Descriptions

BODYPUMP™

THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music.

Bootcamp

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

Citiwalk

Citiwalk, a free program open to members and non-members alike, takes a 60-minute urban stroll every Wednesday morning. Meet in the lobby of BHF South Bend at 9am for a walk through downtown and enjoy a stop each week at a new and interesting place.

Pilates

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

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

High intensity 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. *ALL LEVELS

Strength

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

Stretch

Gentle stretching from head to toe. Leave feeling refreshed and open.

WATERinMOTION®

The newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. This cardiovascular workout tones and tapers the entire body.

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!