



BEACON
Health & Fitness

Classes

Elkhart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Core 5:30am - 45min Kara		Power Core 5:15am - 30min Jessica G	Xcelerate 5:15am - 30min Mary	Strength & Core 5:30am - 45min Kara	Xcelerate 7:15am - 45min Ashley/Stacy
	Sunrise Yoga 6am - 45min Jenny	HIIT 6am - 30min Jessica G	Sunrise Yoga 6am - 45min Jenny		WATERinMOTION® 8am - 45min Halle
			Xcelerate 6am - 30min Mary		Boot Camp 8am - 45min Ashle
Xcelerate 9am - 45min Stacy	NEW Senior Pep Fitness 8am - 45min Peggy	Xcelerate 9am - 45min Stacy	NEW Senior Pep Fitness 8am - 45min Peggy	Xcelerate 9am - 45min Stacy	Yoga 8:15am - 45min Andrea/Emily
Strength & Core 10am - 45min Kaylin	Strength 9am - 45min Mallory	Strength & Core 10am - 45min Kaylin	Strength 9am - 45min Mallory	Strength & Core 10am - 45min Kaylin	Strength 9am - 45min Ashle
WATERinMOTION® 9am - 45min Ashle	Pyramid H2O 9am - 45min Ashle	WATERinMOTION® 9am - 45min Ashle	WATERinMOTION® Strength 9am - 45min Ashle	WATERinMOTION® 9am - 45min Ashle	Location of Class Pool Cycling Studio Group Fitness Yoga/Pilates Commons Lobby Commons Gym
Stretch & Balance 10am - 45min Josie	Barre, Ball & Burn 10am - 45min Peggy	Stretch & Balance 10am - 45min Peggy	Barre, Ball & Burn 10am - 45min Peggy	Yoga 11am - 60min Jenny	
Nature Walk 11:30 - 45min Stacy	Deep Aqua 10am - 45min Andy	Island Walk 11:30 - 45min Peggy	Deep Aqua 10am - 45min Andy	NEW Tai Chi 12:15 - 60min Swan	
Strong & Lean Noon - 30min Ashle		Boot Camp Noon - 30min Ashle	Xcelerate 12:15pm - 45min Stacy	Strong & Lean Noon - 30min Ashle	
NEW Power Core 5:30pm - 30min Mia	HIIT Boxing 5:30 - 30min Halle	Tabata Burn 5:30pm - 30min Halle	HIIT Boxing 5:30 - 30min Jessica G		
NEW Metal Monday Xcelerate 5:30pm - 45min Ashley	Xcelerate 5:30pm - 45min Ashley		Xcelerate 5:30pm - 45min Audrey		
	WATERinMOTION® 5:30pm - 45min Ashle		WATERinMOTION® 5:30pm - 45min Ashle		
NEW Cardio Strength 6:15pm - 45min Mia	Power Core 6:15pm - 45min Halle	NEW Pump Strength 6:15pm - 60min Halle	Power Core 6:15pm - 45min Jessica G		
	Yoga 6:30pm - 60min Jenny		Yoga 6:30pm - 60min Jenny		



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



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!

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.

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.

Tai Chi

Tai chi is an ancient Chinese tradition that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This class will cover the basic concepts of Tai Chi. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection will be discussed. This class is appropriate for all levels.

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.