



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Xcelerate30 5:15am - 30min Danielle	GRIT™ 5:15am - 30min Jessica G	Xcelerate 5:15am - 45 min Audrey	GRIT™ 5:15am - 30min Jessica G	Xcelerate30 5:15am - 30min Jessica G	Xcelerate 7:15am - 45 min Danielle/Mary
Xcelerate30 6am - 30min Danielle	Power Core 5:50am - 40min Jessica G	Bootcamp 6am - 45 mins Danielle	Power Core 5:50am - 40min Jessica G	Xcelerate30 6am - 30min Jessica G	Kettlebell Circuit 7:30am - 45min Cindy/Jessica G
Yoga 8am - 45min Emily	PILOXING® 8am - 45min Cindy	Yoga 8am - 45min Emily	PILOXING® 8am - 45min Cindy	Bootcamp 9am - 45min Cindy	Sunrise Yoga 8am - 60min Chelly
Strength 9am - 45min Emily	Power Core 9am - 45min Linda	Strength 9am - 45min Mandy	Power Core 9am - 45min Linda	WATERinMOTION® 9am - 60min Deborah	Xcelerate 8:15am - 45 min Danielle/Mary
Pyramid H2O 9am - 45min Judy	Xcelerate 9am - 45 min Mandy	WATERinMOTION® Strength 9am - 45min KT	Xcelerate 9am - 45 min Mandy	Pilates 10am - 45min Heather	WATERinMOTION® 8:30am - 60min Judy
Stretch/Balance 10am - 45min Heather	WATERinMOTION® 9am - 60min KT	Pilates With Props 10am - 45min Jenny G	WATERinMOTION® 9am - 60min KT	Pyramid H2O 10:15am - 45min Tama	Strength 8:30am - 45 min Jessica G/Cindy
Strength 11 am - 45min Mandy	WATERinMOTION® Strength 10:15am - 45min Mandy	Strength 11 am - 45min Aleigha	WATERinMOTION® Strength 10:15am - 45min Mandy	Strength 11 am - 45min Aleigha	Yoga Foundations 9:15am - 60min Chelly
GRIT™ Strength NOON - 30min Mandy	NEW Tai Chi 11 am - 60min Swan	GRIT™ Athletic NOON - 30min Aleigha	NEW Tai Chi 11 am - 60min Swan	Sculpt & Tone 11 am -45min Josie	Cardio Dance 9:30am - 45min Christine
Xcelerate 12:30pm - 45min Heather	Core Strength Yoga NOON - 45min Diane	Xcelerate 12:30pm - 45min Heather	Yoga NOON - 45min Josie	GRIT™ Cardio NOON - 30min Aleigha	
Cardio Dance 4pm - 45min Christine	Yoga 1pm - 45min Andrea	Cardio Dance 4pm - 45min Christine	Xcelerate 5:30pm - 45min Mandy	Xcelerate 12:30pm - 45min Mandy	
Sculpt & Tone 5:15pm -45min Jessica G	Xcelerate 5:30pm - 45min Mary P	Xcelerate 5:30pm - 45min Mandy	Strength 5:30pm - 45min Linda		
Xcelerate 5:30pm - 45min Lynda	Strength 5:30pm - 45min Emily H	Yin Yoga 5:30pm - 45min Emily H	Vinyasa Yoga 5:45pm - 45min Andrea		
GRIT™ 5:45pm - 30min Mandy	Vinyasa Yoga 5:45pm - 45min Andrea	GRIT™ 5:45pm - 30min Jessica G	Cardio Dance 6:30pm - 45min Christine		
WATERinMOTION® Strength 5:45pm - 45min Christine		WATERinMOTION® 5:45pm - 60min Judy			
Power Yoga 6:30pm - 45min Emily H		Kettlebell Circuit 6:30pm - 45min Jessica G			
Kettlebell Circuit 6:30pm - 45min Jessica G					

Type of Class

- Pool
- Cycling
- Group Fitness
- Yoga/Pilates
- Outdoor Class (weather permitting)



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.

HIIT Boxing

Experience a combination of short bursts of intense exercises including boxing and martial arts inspired moves. Options for all moves are provided. Burn calories, improve cardiovascular health, and punch and kick your way to a leaner, stronger body!

Kettlebell Circuit

Take some classic kettlebell moves, add some new moves, add 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 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.

Tai Chi

An ancient Chinese tradition that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Cover the basic concepts of Tai Chi. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection, appropriate for all levels.

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. Use 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** - Stimulate the connective tissues and joints, & improve the flow of Chi or Prana through these areas. Accomplished through passive holding stretches for 3-5 minutes, using breath to ease the body further into the pose.