



**BEACON**  
Health & Fitness

# Classes

## South Bend

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bodypump™</b> 9am - 60min Linda	<b>Bootcamp</b> 5:45am - 45min Sally	<b>WATERinMOTION®</b> 9am - 45min Deborah	<b>Bootcamp/Strength</b> 5:45am - 45min Sally	<b>Yoga</b> 8:30am - 45min Grace	<b>HIIT</b> 7:15am - 30min Jessica G/Mandy
<b>WATERinMOTION®</b> 9am - 45min Deborah	<b>Strength</b> 9am - 45min Kayla	<b>Sculpt &amp; Tone</b> 10am - 45min Jonell	<b>Strength</b> 9am - 45min Jess	<b>WATERinMOTION®</b> 9am - 45min Judy	<b>Xcelerate</b> 7:15am - 45min Mila/Mandy
<b>SEASONAL</b> <b>City Walk</b> 10am - 60min Jonell	<b>WATERinMOTION®</b> 9:30am - 45min Aleigha	<b>Power Core</b> 11:15am - 45min Jessica G	<b>Pyramid H2O</b> 9:30am - 45min Tama	<b>Sculpt &amp; Tone</b> 12:15pm - 45min Jessica G	<b>Bodypump™</b> 8:00am - 60min Jessica/Jules
<b>Xcelerate</b> NOON - 45min Krista	<b>Stretch</b> 10:15am - 45min Colleen	<b>SEASONAL</b> <b>City Walk</b> NOON - 60min Jonell	<b>Stretch</b> 10:15am - 45min Kayla		<b>Pilates</b> 9:15am - 45min Emily/Colleen
<b>Power Core</b> 12:15 - 30min Jonell	<b>Yoga</b> 11:15am - 45min Grace	<b>Xcelerate</b> NOON - 45min Krista	<b>Yoga</b> 11:15am - 45min Diane		<b>WATERinMOTION®</b> 9:30am - 45min KT
<b>Pilates</b> 5:30pm - 45min Colleen	<b>Xcelerate</b> NOON - 30min Mandy	<b>Pilates</b> 12:15pm - 45min Emily	<b>Xcelerate</b> NOON - 45min Mandy		<b>Yoga</b> 10:45am - 45min Angelica
<b>Bootcamp</b> 5:30pm - 45 mins Cindy	<b>Bodypump™</b> 12:15pm - 30min Jessica G	<b>Bootcamp</b> 5:30pm - 45min Cindy	<b>Bodypump™</b> 12:15pm - 30min Kayla/Colleen		
<b>WATERinMOTION®</b> 5:30pm - 45min KT	<b>NEW</b> <b>Tai Chi</b> 1pm - 45min Swan		<b>NEW</b> <b>Tai Chi</b> 1pm - 45min Swan		
	<b>Bodypump™</b> 5:30pm - 60min Jessica G		<b>Bodypump™</b> 5:30pm - 60min Jules		
	<b>Yoga</b> 6:45pm - 45min Chelly				

### Type of Class

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



**Elkhart | Granger | South Bend**

BeaconHealthAndFitness.org

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## 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.

### **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.

### **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!