<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Strength &amp; Core</td>
<td>Power Core</td>
<td>Sunrise Yoga</td>
<td>Strength &amp; Core</td>
<td>Xcelerate</td>
<td>Boot Camp</td>
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<tr>
<td>5:30am - 45min Kara</td>
<td>5:15am - 30min Ashle</td>
<td>6am - 45min Jenny</td>
<td>5:30am - 45min Kara</td>
<td>7:15am - 45min Ashley/Stacy</td>
<td>8am - 45min Ashle</td>
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<td>Strength</td>
<td>Xcelerate</td>
<td>Strength</td>
<td>WaterinMotion®</td>
<td>Yoga</td>
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<tr>
<td>9am - 45min Stacy</td>
<td>9am - 45min Mallory</td>
<td>9am - 45min Ashle</td>
<td>9am - 45min Ashle</td>
<td>Strength</td>
<td>11am - 60min Jenny</td>
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<tr>
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<td>Deep Aqua</td>
<td>Stretch &amp; Balance</td>
<td>Power Core</td>
<td>Metal Monday</td>
<td>Strong &amp; Lean</td>
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<tr>
<td>5:30pm - 30min Mia</td>
<td>10am - 45min Andy</td>
<td>10am - 45min Peggy</td>
<td>5:30pm - 45min Ashle</td>
<td>Xcelerate</td>
<td>Noon - 30min Ashle</td>
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<td>Boot Camp</td>
<td>Xcelerate</td>
<td>WaterinMotion®</td>
<td>Strong &amp; Lean</td>
<td>Yoga</td>
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<td>5:30pm - 45min Ashle</td>
<td>Noon - 30min Ashle</td>
<td>5:30pm - 45min Ashle</td>
<td>Strength</td>
<td>Noon - 30min Ashle</td>
<td>12:15 - 60min Missy</td>
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<tr>
<td>HIIT Boxing</td>
<td>Tabata Burn</td>
<td>Shred Strength</td>
<td>WaterinMotion®</td>
<td>Tai Chi</td>
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<td>5:30 - 30min</td>
<td>5:30pm - 30min Halle</td>
<td>5:30 - 30min</td>
<td>5:30 - 30min</td>
<td>12:15 - 60min</td>
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<td>9am - 45min</td>
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**Location of Class**

- **Pool**
- **Cycling Studio**
- **Group Fitness**
- **Yoga/Pilates**
- **Commons Lobby**
- **Commons Gym**

**Effective 08-16-21**

**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.