<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Xcelerate30 5:15am - 30min Danielle</td>
<td>HIIT 5:15am - 30min Danielle</td>
<td>Xcelerate 5:15am - 45min Audrey</td>
<td>HIIT 5:15am - 30min Danielle</td>
<td>Xcelerate30 5:15am - 30min Danielle</td>
<td>Xcelerate 7:30am - 45min Danielle/Lynda</td>
</tr>
<tr>
<td>Xcelerate30 6am - 30min Danielle</td>
<td>Power Core 5:50am - 40min Danielle</td>
<td>Bootcamp 6am - 45 min Daniellle</td>
<td>Power Core 5:50am - 40min Danielle</td>
<td>Xcelerate30 6am - 30min Danielle</td>
<td>Sunrise Yoga 8am - 60min Chelly</td>
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<tr>
<td>Yoga 8am - 45min Emily</td>
<td>PILOXING® 8am - 45min Cindy</td>
<td>Strength 9am - 45min Emily</td>
<td>WATERinMOTION® 9am - 60min Mandy</td>
<td>Pilates 10am - 45min Heather</td>
<td>Yoga Foundations 9:15am - 60min Cindy</td>
</tr>
<tr>
<td>Strength 9am - 45min Emily</td>
<td>Xcelerate 9am - 45 min Mandy</td>
<td>WATERinMOTION® 9am - 60min Mandy</td>
<td>Xcelerate 9am - 45 min Mandy</td>
<td>WATERinMOTION® 10:15am - 45min Tama</td>
<td>Cardio Dance 9:30am - 45 min Chelly</td>
</tr>
<tr>
<td>Pyramid H2O 9am - 45min Judy</td>
<td>Xcelerate 9am - 45 min Mandy</td>
<td>WATERinMOTION® 9am - 60min Mandy</td>
<td>Xcelerate 9am - 45 min Mandy</td>
<td>Yoga Foundations NOON - 30 min Cindy</td>
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<tr>
<td>Stretch/Balance 10am - 45min Heather</td>
<td>WATERinMOTION® 9am - 60min Mandy</td>
<td>Pilates With Props 10am - 45min Jenny G</td>
<td>WATERinMOTION® 9am - 60min Mandy</td>
<td>Sculpt &amp; Tone 11am - 45min Josie</td>
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<tr>
<td>Strength 11am - 45min Mandy</td>
<td>WATERinMOTION® 10:15am - 45min Mandy</td>
<td>Strength 11am - 45min Mandy</td>
<td>WATERinMOTION® 10:15am - 45min Mandy</td>
<td>GRIT™ Cardio NOON - 30min Aleigha</td>
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<tr>
<td>GRIT™ NOON - 30min Mandy</td>
<td><strong>NEW</strong> Tai Chi 11am - 60min Swan</td>
<td>GRIT™ Athletic NOON - 30min Aleigha</td>
<td>Yoga Foundations NOON - 30 min Cindy</td>
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<tr>
<td>Xcelerate 12:30pm - 45min Heather</td>
<td>Core Strength Yoga NOON - 45min Diane</td>
<td>Xcelerate 12:30pm - 45min Heather</td>
<td>Xcelerate 5:30pm - 45min Mandy</td>
<td>Xcelerate 12:30pm - 45min Mandy</td>
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<tr>
<td>Cardio Dance 4pm - 45min Christine</td>
<td>Yoga 1pm - 45min Andrea</td>
<td>Cardio Dance 4pm - 45min Christine</td>
<td>Strength 5:30pm - 45min Mandy</td>
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<tr>
<td>Xcelerate 5:30pm - 45min Lynda</td>
<td>Vinyasa Yoga 5:45pm - 30min Emily H</td>
<td>Yin Yoga 5:30pm - 45min Christine</td>
<td>Vinyasa Yoga 5:45pm - 45min Andrea</td>
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<tr>
<td>GRIT™ 5:45pm - 30min Mandy</td>
<td>Vinyasa Yoga 5:45pm - 30min Andrea</td>
<td>GRIT™ 5:45pm - 30min Mandy</td>
<td>Cardio Dance 6:30pm - 45min Christine</td>
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<tr>
<td>WATERinMOTION® 5:45pm - 40min Christine</td>
<td>Bootcamp 5:45pm - 30min Mandy</td>
<td>WATERinMOTION® 5:45pm - 60min Judy</td>
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</tr>
<tr>
<td>Power Yoga 6:30pm - 45min Emily H</td>
<td>Bootcamp 6:30pm - 45min Mandy</td>
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**Type of Class**
- Pool
- Cycling
- Group Fitness
- Yoga/Pilates
- Outdoor Class (weather permitting)

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

Effective 09-7-21
Class Descriptions

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

**Bootcamp Circuit**
Boot your way into shape! Challenge your strength, cardio, balance and flexibility with a variety of exercises circuit style.

**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.

**HIIT**
Strength, Athletic and Cardio, 30-minute workouts designed to get you real results, fast.

**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.