<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Bodypump™</strong> 9am - 60min Linda</td>
<td><strong>Bootcamp</strong> 5:45am - 45min Sally</td>
<td><strong>WATERinMOTION®</strong> 9am - 45min Deborah</td>
<td><strong>Bootcamp/Strength</strong> 5:45am - 45min Sally</td>
<td><strong>Yoga</strong> 8:30am - 45min Grace</td>
<td><strong>HIIT</strong> 7:15am - 30min Jessica G / Mandy</td>
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<tr>
<td></td>
<td><strong>WATERinMOTION®</strong> 9am - 45min Deborah</td>
<td><strong>Strength</strong> 9am - 45min Kayla</td>
<td><strong>Sculpt &amp; Tone</strong> 10am - 45min Jonell</td>
<td><strong>Strength</strong> 9am - 45min Jess</td>
<td><strong>WATERinMOTION®</strong> 9am - 45min Judy</td>
<td><strong>Xcelerate</strong> 7:15am - 45min Mila / Mandy</td>
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<tr>
<td></td>
<td><strong>City Walk</strong> 10am - 60min Jonell</td>
<td><strong>WATERinMOTION®</strong> 9:30am - 45min Aleigha</td>
<td><strong>Power Core</strong> 11:15am - 45min Bridget</td>
<td><strong>Pyramid H2O</strong> 9:30am - 45min Tama</td>
<td><strong>Sculpt &amp; Tone</strong> 12:15pm - 45min Jess</td>
<td><strong>Bodypump™</strong> 8:00am - 60min Jules / John</td>
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<tr>
<td></td>
<td><strong>Xcelerate</strong> NOON - 45min Krista</td>
<td><strong>Stretch &amp; Balance</strong> 10am - 45min Colleen</td>
<td><strong>City Walk</strong> NOON - 60min Jonell</td>
<td><strong>Stretch</strong> 10:15am - 45min Kayla</td>
<td><strong>Pilates</strong> 9:15am - 45min Emily / Colleen</td>
<td><strong>WATERinMOTION®</strong> 9:30am - 45min KT</td>
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<tr>
<td></td>
<td><strong>Power Core</strong> 12:15 - 30min Jonell</td>
<td><strong>Yoga</strong> 11am - 45min Grace</td>
<td><strong>Xcelerate</strong> NOON - 45min Krista</td>
<td><strong>Yoga</strong> 11:15am - 45min Diane</td>
<td><strong>Yoga</strong> 10:45am - 45min Angelica</td>
<td><strong>Bodypump™</strong> 9am - 60min Jules</td>
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<tr>
<td></td>
<td><strong>Pilates</strong> 5:30pm - 45min Colleen</td>
<td><strong>Xcelerate</strong> NOON - 30min Mandy</td>
<td><strong>Pilates</strong> 12:15pm - 45min Emily</td>
<td><strong>Xcelerate</strong> NOON - 45min Mandy</td>
<td><strong>Bootcamp</strong> 5:30 - 45 mins Cindy</td>
<td><strong>Yoga</strong> 6:45pm - 45min Chelly</td>
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<tr>
<td></td>
<td><strong>Bootcamp</strong> 5:30pm - 45 mins Cindy</td>
<td><strong>Bodypump™</strong> NOON - 45min John</td>
<td><strong>Bootcamp</strong> 5:30pm - 45min Cindy</td>
<td><strong>Bodypump™</strong> 12:15pm - 30min Kayla / Colleen</td>
<td><strong>Bodypump™</strong> 5:30pm - 45min Swan</td>
<td><strong>Tai Chi</strong> 1pm - 60min Swan</td>
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<tr>
<td></td>
<td><strong>WATERinMOTION®</strong> 5:30pm - 45min KT</td>
<td><strong>Tai Chi</strong> 1pm - 60min Swan</td>
<td><strong>Bodypump™</strong> 5:30pm - 60min Jessica G</td>
<td><strong>Bodypump™</strong> 5:30pm - 60min Jules</td>
<td><strong>Tai Chi</strong> 1pm - 60min Swan</td>
<td><strong>Bodypump™</strong> 5:30pm - 60min Jules</td>
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</tbody>
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**Type of Class**
- Group Fitness
- Cycling (Gym)
- Pool
- Gym
- Lobby

Elkhart | Granger | South Bend
BeaconHealthAndFitness.org
JDubois@beaconhealthsystem.org
Effective 9-13-21
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!