



**BEACON**  
Health & Fitness

# Classes

Elkhart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Strength &amp; Core</b> 5:30am - 45min Kara	<b>Sunrise Yoga</b> 6am - 45min Jenny	<b>NEW Cardio Strength</b> 5:15am - 45min Ashle	<b>Sunrise Yoga</b> 6am - 45min Jenny	<b>Strength &amp; Core</b> 5:30am - 45min Kara	<b>Boot Camp</b> 8am - 45min Ashle
<b>Xcelerate</b> 9am - 45min Stacy	<b>Senior Pep Fitness</b> 8am - 45min Peggy	<b>Xcelerate</b> 9am - 45min Stacy	<b>Senior Pep Fitness</b> 8am - 45min Peggy	<b>Xcelerate</b> 9am - 45min Stacy	<b>WATERinMOTION®</b> 8am - 45min Halle
<b>WATERinMOTION®</b> 9am - 45min Ashle	<b>Strength</b> 9am - 45min Mallory	<b>WATERinMOTION®</b> 9am - 45min Ashle	<b>Strength</b> 9am - 45min Mallory	<b>WATERinMOTION®</b> 9am - 45min Ashle	<b>Yoga</b> 8:15am - 45min Theresa
<b>Strength &amp; Core</b> 10am - 45min Kaylin	<b>Pyramid H2O</b> 9am - 45min Ashle	<b>Strength &amp; Core</b> 10am - 45min Kaylin	<b>WATERinMOTION® Strength</b> 9am - 45min Ashle	<b>Strength &amp; Core</b> 10am - 45min Kaylin	<b>Strength</b> 9am - 45min Ashle
<b>Stretch &amp; Balance</b> 10am - 45min Theresa	<b>Deep Aqua</b> 10am - 45min Andy	<b>Stretch &amp; Balance</b> 10am - 45min Peggy	<b>Deep Aqua</b> 10am - 45min Andy	<b>Yoga</b> 11am - 60min Jenny	<b>Xcelerate</b> 9am - 45min Stacy/ Missey
<b>Silver Strength</b> Noon - 30min Ashle	<b>Barre, Ball &amp; Burn</b> 10am - 45min Peggy		<b>Barre, Ball &amp; Burn</b> 10am - 45min Peggy	<b>Silver Strength</b> Noon - 30min Ashle	
<b>Power Core</b> 5:30pm - 30min Mia	<b>WATERinMOTION®</b> 5:30pm - 45min Ashle	<b>Tabata Burn</b> 5:30pm - 30min Halle	<b>WATERinMOTION®</b> 5:30pm - 45min Ashle	<b>Tai Chi</b> 12:15 - 60min Swan	
<b>Metal Monday Xcelerate</b> 5:30pm - 45min Ashley	<b>HIIT Boxing</b> 5:30 - 30min Halle	<b>Pump Strength</b> 6:15pm - 60min Halle	<b>Shred Strength</b> 5:30 - 30min Missy		
<b>Cardio Strength</b> 6:15pm - 45min Mia	<b>Xcelerate</b> 5:30pm - 45min Ashley		<b>Xcelerate</b> 5:30pm - 45min Audrey		
	<b>Power Core</b> 6:15pm - 45min Halle		<b>Cardio Dance</b> 6:15pm - 45min Missy		
	<b>Yoga</b> 6:30pm - 60min Jenny		<b>Yoga</b> 6:30pm - 60min Jenny		

Location of Class

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



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.

### Pyramid H2O

High intensity interval training - aqua style.

### 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!

### Silver Strength

A gentle approach towards building and maintaining strength and increasing range of motion and functionality—translating to a higher quality of life and increased levels of activity within the participating population. It is open to all and is an ideal exercise solution for participants with mobility limitations.

### 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.