



BEACON
Health & Fitness

Classes

Elkhart

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

Location of Class

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



Elkhart | Granger | South Bend | Three Rivers
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.