



BEACON
Health & Fitness

Classes

Granger

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Xcelerate30 5:15am - 30min Danielle	HIIT 5:15am - 30min Danielle	NEW BodyPump 5:10am - 45min Aleigha	HIIT 5:15am - 30min Danielle	Xcelerate30 5:15am - 30min John	Xcelerate 7:30am - 45 min Danielle/Lynda
Xcelerate30 6am - 30min Danielle	Power Core 5:50am - 40min Danielle	Xcelerate 5:15am - 45 min Audrey	Power Core 5:50am - 40min Danielle	Xcelerate30 6am - 30min John	Sunrise Yoga 8am - 60min Chelly
Yoga 8am - 45min Emily	PILOXING® 8am - 45min Cindy	Bootcamp 6am - 45 mins Danielle	PILOXING® 8am - 45min Cindy	Bootcamp 9am - 45min Cindy	WATERinMOTION® 8:30am - 60min Judy
Pyramid H2O 8am - 45min Judy	Power Core 9am - 45min Linda	Yoga 8am - 45min Emily	Power Core 9am - 45min Linda	WATERinMOTION® 9am - 60min Deborah	Strength 8:30am - 45 min Danielle/Cindy
Pyramid H2O 9am - 45min Judy	Xcelerate 9am - 45 min Mandy	NEW Aqua Yoga 8am - 45min Josie	Xcelerate 9am - 45 min Mandy	Pilates 10am - 45min Heather	Yoga Foundations 9:15am - 60min Chelly
Strength 9am - 45min Emily	WATERinMOTION® 9am - 60min KT	WATERinMOTION® Strength 9am - 45min KT	WATERinMOTION® 9am - 60min KT	Pyramid H2O 10:15am - 45min Tama	Cardio Dance 9:30am - 45min Christine/Cindy
Stretch/Balance 10am - 45min Heather	NEW Strength & Balance 10am - 45min Del	Strength 9am - 45min Mandy	NEW Strength & Balance 10am - 45min Del	NEW BodyPump 11 am - 45min Aleigha	
NEW BodyPump 11 am - 55min Mandy	WATERinMOTION® Strength 10:15am - 45min Mandy	Pilates With Props 10am - 45min Jenny G	WATERinMOTION® Strength 10:15am - 45min Mandy	Sculpt & Tone 11 am -45min Josie	
Xcelerate 12:30pm - 45min Heather	Tai Chi 11 am - 60min Swan	NEW BodyPump 11 am - 55min Linda	Yoga NOON - 45min Josie	NEW HIIT NOON - 30min Aleigha	
Cardio Dance 4pm - 45min Christine	Core Strength Yoga NOON - 45min Diane	Cardio Dance 4pm - 45min Christine	Xcelerate 5:30pm - 45min Mandy	Xcelerate 12:30pm - 45min Mandy	
Xcelerate 5:30pm - 45min Lynda	Strength 5:30pm - 45min Emily H	Yin Yoga 5:30pm - 45min Emily H	NEW BodyPump 5:30pm - 55min Linda		
NEW BodyPump 5:45pm - 30min Mandy	Vinyasa Yoga 5:45pm - 45min Brenda	NEW HIIT 5:45pm - 30min Mandy	Vinyasa Yoga 5:45pm - 45min Brenda		
WATERinMOTION® Strength 5:45pm - 45min Christine		WATERinMOTION® 5:45pm - 60min Judy	Cardio Dance 6:30pm - 45min Christine		
Power Yoga 6:30pm - 45min Emily H		Bootcamp Circuit 6:30pm - 45min Mandy			
Bootcamp Circuit 6:30pm - 45min Mandy					

Type of Class

- Pool
- Cycling
- Group Fitness
- Yoga/Pilates



Effective 1-2-22



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



Class Descriptions

Aqua Yoga | Water causes less stress on the joints & allows students to experience postures they may be unable to achieve on land. The resistance of the water may also create more opportunities to build strength & allow students to achieve a greater range of motion. The water enhances relaxation for a deeper meditative experience.

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. Instructors coach you through the scientifically-backed moves & techniques pumping out encouragement, motivation & great music – helping you achieve much more than on your own! You'll leave the class feeling challenged & motivated, ready to come back for more.

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 connect their breathing to their movements. chaturanga, upward facing dog & 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 & joints, and improve the flow of Chi or Prana through these areas. Passive holding stretches for 3-5 minutes, using breath to ease the body further into the pose.