



BEACON
Health & Fitness

Classes

South Bend

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|
| Bodypump™ 9am - 60min Linda | Bootcamp 5:45am - 45min Sally | WATERinMOTION® 9am - 45min Deborah | Bootcamp/Strength 5:45am - 45min Sally | Yoga 8:30am - 45min Grace | Xcelerate 7:15am - 45min Mila/Mia |
| WATERinMOTION® 9am - 45min Deborah | Strength 9am - 45min Aleigha | Sculpt & Tone 10am - 45min Jonell | Strength 9am - 45min Aleigha/Kelly | WATERinMOTION® 9am - 45min Judy | Bodypump™ 8:00am - 60min Jules/John |
| Xcelerate NOON - 45min Krista | Pyramid H2O 9:30am - 45min Tama | Power Core 11:15am - 45min Bridget | Pyramid H2O 9:30am - 45min Tama | Sculpt & Tone 12:15pm - 45min Kelly | Pilates 9:15am - 45min Emily/Colleen |
| Power Core 12:15 - 30min Jonell | Stretch & Balance 10am - 45min Colleen | Xcelerate NOON - 45min Krista | Stretch & Balance 10am - 45min Karin | | WATERinMOTION® 9:30am - 45min KT |
| Pilates 5:30pm - 45min Colleen | Yoga 11am - 45min Grace | Pilates 12:15pm - 45min Emily | Yoga 11am - 45min Diane | | Yoga 10:30am - 60min Angelica |
| Bootcamp 5:30pm - 45 mins Cindy | Xcelerate NOON - 30min Mandy | Bootcamp 5:30pm - 45min Cindy | Xcelerate NOON - 45min Mandy | | |
| WATERinMOTION® 5:30pm - 45min KT | Bodypump™ NOON - 45min John | | BodyPump™ 12pm - 45min John/Colleen | | |
| | Tai Chi 1pm - 60min Swan | | Tai Chi 1pm - 60min Swan | | |
| | Bodypump™ 5:30pm - 60min Jessica M | | Bodypump™ 5:30pm - 60min Jules | | |
| | Yoga 6:45pm - 45min Chelly | | | | |

Type of Class

- Group Fitness
- Cycling (Gym)
- Pool
- Gym
- Lobby




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



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!