



**BEACON**  
Health & Fitness

# Classes

Elkhart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Strength &amp; Core</b> 5:30am - 45min Kara	<b>NEW</b> <b>Xcelerate</b> 5:30am - 45min John	<b>Strength &amp; Core</b> 5:30am - 45min Kara	<b>NEW</b> <b>Xcelerate</b> 5:30am - 45min Emily	<b>Strength &amp; Core</b> 5:30am - 45min Kara	<b>Yoga</b> 8am - 45min Theresa
<b>Senior Pep Fitness</b> 8am - 45min Theresa	<b>Sunrise Yoga</b> 6am - 45min Jenny	<b>Senior Pep Fitness</b> 8am - 45min Theresa	<b>Sunrise Yoga</b> 6am - 45min Jenny		<b>Boot Camp</b> 8am - 45min Ashle
	<b>NEW</b> <b>Tread Bootcamp</b> 7am - 45min Lindsay		<b>NEW</b> <b>Tread Bootcamp</b> 7am - 45min Lindsay		<b>WATERinMOTION®</b> 8am - 45min Kristen
<b>Xcelerate</b> 9am - 45min Stacy		<b>Xcelerate</b> 9am - 45min Stacy		<b>Xcelerate</b> 9am - 45min Stacy	<b>Xcelerate</b> 9am - 45min Stacy/ Missey
<b>WATERinMOTION®</b> 9am - 45min Ashle	<b>Pyramid H2O</b> 9am - 45min Kristen	<b>WATERinMOTION®</b> 9am - 45min Ashle	<b>Pyramid H2O</b> 9am - 45min Kristen	<b>WATERinMOTION®</b> 9am - 45min Ashle	
	<b>Strength</b> 9am - 45min Mallory	<b>NEW</b> <b>Cardio Drumming</b> 9am - 45min Peggy	<b>Strength</b> 9am - 45min Mallory		<b>Strength</b> 9am - 45min Ashle
<b>Strength &amp; Core</b> 10am - 45min Kaylin	<b>Deep Aqua</b> 10am - 45min Andy	<b>Strength &amp; Core</b> 10am - 45min Kaylin	<b>Deep Aqua</b> 10am - 45min Andy	<b>Strength &amp; Core</b> 10am - 45min Kaylin	<b>NEW</b> <b>Cardio Drumming</b> 10am - 45min Theresa
<b>Stretch &amp; Balance</b> 10am - 45min Theresa	<b>Sculpt &amp; Tone</b> 10am - 45min Peggy	<b>Stretch &amp; Balance</b> 10am - 45min Peggy	<b>Sculpt &amp; Tone</b> 10am - 45min Peggy	<b>Yoga</b> 11am - 60min Jenny	<b>Location of Class</b> <span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> Pool <span style="display: inline-block; width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> Cycling Studio <span style="display: inline-block; width: 15px; height: 15px; background-color: #D3D3D3; border: 1px solid black; margin-right: 5px;"></span> Group Fitness <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; margin-right: 5px;"></span> Yoga/Pilates <span style="display: inline-block; width: 15px; height: 15px; background-color: #800080; border: 1px solid black; margin-right: 5px;"></span> Commons Gym <span style="display: inline-block; width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> Botanic Garden
<b>Silver Strength</b> 11am - 45min Theresa	<b>WATERinMOTION®</b> 5:30pm - 45min Kristen	<b>Silver Strength</b> 11am - 45min Theresa	<b>WATERinMOTION®</b> 5:30pm - 45min Kristen	<b>Silver Strength</b> 11am - 45min Theresa	
<b>NEW</b> <b>Nature Walk</b> Noon - 45min Stacy	<b>Cardio Dance</b> 5:30 - 45min Jess		<b>Cardio Dance</b> 5:30 - 45min Kerri	<b>Tai Chi</b> 12:15 - 60min Swan	
<b>Metal Monday</b> <b>Xcelerate</b> 5:30pm - 45min Ashley	<b>Xcelerate</b> 5:30pm - 45min Ashley		<b>Xcelerate</b> 5:30pm - 45min Audrey		
<b>Power Core</b> 5:30pm - 30min Mia/Shaye	<b>Yoga</b> 6:30pm - 60min Jenny	<b>Bootcamp</b> 5:30pm - 45min Shaye	<b>Yoga</b> 6:30pm - 60min Jenny		
<b>Cardio Strength</b> 6:15pm - 45min Mia/Shaye					



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



## Class Descriptions

**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.

### **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.

**Cardio Drumming** | High-intensity drumming which uses hand eye coordination and fun movements for the whole body. This class uses a stability ball, drum sticks and fun music to get your heart pumping.

### **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.)

### **Nature Walk**

Nature Walk, a free program open to members & non-members alike. Meet at the Wellfield Botanic Gardens for a 45-minute stroll outside.

### **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.

### **Tread Bootcamp**

Get the best of both worlds with this cardio & strength class! You'll spend time doing a walk/run on the treadmill and then do strength circuits off the treadmill. This gets the heart rate up along with hitting all muscle groups – mixing muscular strength & endurance together.

### **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.