



BEACON
Health & Fitness

Classes

South Bend

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW Xcelerate 8am - 45min Aleigha	Bootcamp 5:45am - 45min Sally		Bootcamp/Strength 5:45am - 45min Sally		Bodypump™ 8:00am - 60min Jules/John
Bodypump™ 9am - 60min Linda	Strength 9am - 45min Aleigha	NEW Cardio Dance 9am - 45min Karin	Strength 9am - 45min Jeff	Yoga 8:30am - 45min Grace	Pilates 9:15am - 45min Emily/Colleen
NEW WATERinMOTION® 9am - 60min Jessica	Pyramid H2O 9:30am - 45min Tama	NEW WATERinMOTION® 9am - 60min Jessica	Pyramid H2O 9:30am - 45min Tama	WATERinMOTION® 9am - 60min Judy	
NEW Cardio Dance 10:15am - 45min Karin	Stretch & Balance 10am - 45min Colleen	NEW Yoga 10:15am - 45min Emily	Stretch & Balance 10am - 45min Karin		Yoga 10:30am - 60min Angelica
NEW Yoga 11:15am - 45min Karin	Xcelerate NOON - 45min Mandy	Xcelerate NOON - 45min Betsy	Xcelerate NOON - 45min Mandy		
NEW Manager's Choice 12:15 It's a surprise!	Bodypump™ NOON - 45min John	Pilates 12:15pm - 45min Emily	BodyPump™ 12pm - 45min John/Colleen		
Pilates 5:30 - 45min Colleen	Tai Chi 1pm - 60min Swan		Tai Chi 1pm - 60min Swan		
Bootcamp 5:30pm - 45 mins Cindy	Bodypump™ 5:30pm - 60min Jessica M	Bootcamp 5:30pm - 45min Cindy	Bodypump™ 5:30pm - 60min Jules		
NEW Yoga 6:30pm - 45min Jamie	Yoga 6:45pm - 45min Chelly				

Type of Class

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



Elkhart | Granger | South Bend | Three Rivers
 BeaconHealthAndFitness.org
 JSojka@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.

Cardio Dance

Cardio dance class is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party—but in this class, we take it just a little easier.

Manager's Choice

Could be Core. Could be HIIT. Could be Cardio. Could be Active Recovery Day. Who knows. Just be ready to work!

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!