



**BEACON**  
Health & Fitness

# Classes

## Three Rivers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BodyPump</b> 5:30am - 60 min Kathy G	<b>Cycle</b> 5:30am - 45 min Kerry	<b>Functional Suspension Training</b> (Max 10 people) 5:30am - 60 min Kathy G	<b>BodyPump</b> 5:30am - 60 min Kathy G	<b>BodyBalance</b> 5:30am - 60 min Kathy G	
<b>Yoga</b> 8am - 45 min Pam	<b>BodyCombat</b> 8am - 50 min Kelly	<b>BodyBalance</b> 8am - 45 min Heather	<b>BodyCombat</b> 8am - 50 min Kelly	<b>Yoga</b> 8am - 45 min Pam	<b>Rip N Ride</b> 8am - 60 min Instructor Rotation
<b>Tabata Strength/Cycle</b> 9am - 60 min Pam	<b>Boot Camp</b> 9am - 45 min Kelly		<b>Boot Camp</b> 9am - 45 min Kelly	<b>Rip N Ride</b> 9am - 60 min Kelly/Pam	
	<b>Water Aerobics</b> 9am - 45 min Lynn		<b>Water Aerobics</b> 9am - 45 min Lynn		
	<b>Aqua Tabata</b> 10am - 45 min Lynn		<b>Aqua Tabata</b> 10am - 45 min Kelly		
<b>Chair Yoga</b> 11am - 60 min Pam	<b>Fit For Life</b> 11:10am - 45 min Lynn		<b>Fit For Life</b> 11:10am - 45 min Lynn		
<b>BodyPump</b> 12:10pm - 30 min Julie		<b>Functional HIIT</b> 12:10pm - 30 min Meg			
<b>BodyCombat</b> 5:30pm - 50 min Julie		<b>Yoga &amp; Pilates Fusion</b> 4:30pm - 45 min Pam	<b>BodyBalance</b> 4:30pm - 60 min Kathy G		
<b>Aqua Tabata</b> 5:30pm - 60 min Kathy	<b>BodyPump</b> 5:30pm - 60 min Julie	<b>Aqua Tabata</b> 5:30pm - 60 min Kathy			
<b>Cycle</b> 6:30pm - 45 min Julie					

### Type of Class

- Cardio
- Strength
- Mind/Body
- Combination
- Pool



Elkhart | Granger | South Bend | Three Rivers  
[BeaconHealthAndFitness.org](http://BeaconHealthAndFitness.org)  
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## Class Descriptions

**Aqua Tabata (2-3)** Taking one of the most effective types of interval training into the water! Tabata consists of 20 seconds of anaerobic exercise followed by 10 seconds of rest for 8 rounds. These 4 minutes are simple, yet intense circuits that will torch calories & build muscle!

**Aqua Zumba (1-3)** Blending Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during this class so you can really let loose.

**BodyCombat™ (2-3)** A high-energy, martial arts inspired workout. This non-contact workout requires no experience but teaches you moves from Karate, Taekwondo, boxing, Muay Thai, Capoeira & Kung Fu.

**BodyFlow™ (2-3)** This class features a scientifically backed combination of simple yoga moves, with some elements of Tai Chi & Pilates. The moves are carefully curated to strengthen your entire body & increase flexibility, and it's all set to the perfect music to unwind to — so it's easy to forget that you're challenging your body & changing it for the better.

**BodyPump™ (2-3)** 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 and techniques pumping out encouragement, motivation & great music.

**Boot Camp (2-3)** We want to keep you guessing & challenge you differently in each class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility & endurance! Boot Camp works you head to toe so you'll be ready for anything life brings!

**Chair Yoga (1-3)** A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

**Fit For Life (1-3)** Improve muscular strength, range of motion & activities of daily living using weights, elastic tubing, balls & more! A chair is used for seated exercises & for extra support while standing. Class can be adapted to all fitness levels & abilities.

**Functional HIIT (2-3)** High Intensity Interval training focused on movement patterns that have a purpose – to get better at everyday activities all while enhancing cardiorespiratory fitness! This class consists of a variety of compound strength exercises (squats, lunges, pushups, deadlifts, ect.) & cardio exercises (jumping jacks, mountain climbers, ect.) When completing exercises that use muscle groups simultaneously & full-body movements, your overall caloric expenditure is increased as well!

**Functional Suspension Training (2-3)** A mix of suspension training using TRX and functional movements utilizing a variety of equipment; medicine balls, kettlebells, etc.

**Group Cycle (1-3)** A high intensity workout on a specialized bike in a group setting to upbeat music. This is designed for all fitness levels "it's your ride!"

**Rip N Ride (2-3)** Don't miss this 2-in-1, power packed workout! Experience a combination of strength & cardio training by combining weight bearing/resistance exercises & cycling workouts.

**Tabata Strength/Cycle (2-3)** Intense, calorie burning, muscle building workout that is centered around 20 seconds of all out exercise, with a 10 second rest for a total of 8 rounds. High intensity intervals alternating between the bike & strengthening exercises.

**Water Aerobics (1-3)** Challenge your cardio system & muscles at the same time! Weights, noodles, boards & more may be used to make for a fun & effective class!

**Yoga (1-3)** Come experience the inner peace when breath is paired with inner movement. Designed for beginners yet challenging enough for experienced yogis. This class utilizes fundamental postures, modifications & challenges throughout.

**Yoga & Pilates Fusion (1-3)** Combining aspects of both yoga & Pilates, this class focuses on mind/body connection, breath work & core strength. Modifications for beginners & suggestions to intensify poses are provided.

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### Class Levels

**1 (beginner)** Perfect for novice exercisers! If you are currently somewhat active in your daily life but do not accumulate 30 minutes of physical activity most days of the week, beginner classes are perfect for you.

**2 (moderate)** A moderately active person who does exercise but currently gets less than the recommended 2.5 hours per week of moderate exercise such as walking or riding a bike on a level surface.

**3 (advanced)** For the experienced exerciser who works out vigorously for at least 1.25 hours each week doing activities such as jogging, high intensity aerobics & biking hills.