



BEACON
Health & Fitness

Classes

Elkhart

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|
| Xcelerate 5:15am - 45min Kristen | Xcelerate 5:30am - 45min John | Xcelerate 5:15am - 45min Kristen | Xcelerate 5:30am - 45min Emily | Strength & Core 5:30am - 45min Kara | |
| Strength & Core 5:30am - 45min Kara | Sunrise Yoga 6am - 45min Jenny | Strength & Core 5:30am - 45min Kara | Sunrise Yoga 6am - 45min Jenny | | Boot Camp 7:15am - 45min Ashle |
| Barre 8am - 45min Susan | | | | | Yoga 8am - 45min Theresa |
| Senior Pep Fitness 8:30am - 45min Theresa | | Senior Pep Fitness 8:30am - 45min Theresa | | | WATERinMOTION® 8am - 45min Kristen |
| Cardio Dance 9am - 45min Susan | Strength 9am - 45min Mallory | Cardio Drumming 9am - 45min Peggy | Strength 9am - 45min Mallory | | Strength 8:15am - 45min Alternating Instructors |
| Xcelerate 9am - 45min Maria | | Xcelerate 9am - 45min Stacy | | Xcelerate 9am - 45min Stacy | Xcelerate 9am - 45min Stacy/Maria |
| WATERinMOTION® 9am - 45min Ashle | Pyramid H2O 9am - 45min Kristen | WATERinMOTION® 9am - 45min Cara | WATERinMOTION® Strength 9am - 45min Kristen | WATERinMOTION® 9am - 45min Ashle | Cardio Drumming 10am - 45min Theresa |
| Strength & Core 10am - 45min Ashle | Deep Aqua 10am - 45min Andy | Strength & Core 10am - 45min Theresa | Deep Aqua 10am - 45min Andy | Strength & Core 10am - 45min Ashle | Location of Class Pool Cycling Studio Group Fitness Yoga/Pilates Commons Gym |
| Stretch & Balance 10am - 45min Theresa | Sculpt & Tone 10am - 45min Peggy | Stretch & Balance 10am - 45min Peggy | Sculpt & Tone 10am - 45min Peggy | Yoga 11am - 60min Jenny | |
| Silver Strength 11am - 45min Ashle | | Silver Strength 11am - 45min Cara | WATERinMOTION® 5:30pm - 45min Kristen | Silver Strength 11am - 45min Ashle | |
| Power Core 5:30pm - 30min Shaye | Cardio Dance 5:30 - 45min Susan | Yoga 11am - 45min Theresa | Cardio Dance 5:30 - 45min Kerri | Tai Chi 12:15 - 60min Swan | |
| Metal Monday Xcelerate 5:30pm - 45min Ashley | WATERinMOTION® 5:30pm - 45min Kristen | Bootcamp 5:30pm - 45min Shaye | Xcelerate 5:30pm - 45min Audrey | | |
| Cardio Strength 6:15pm - 45min Shaye | Yoga 6:30pm - 60min Jenny | | Yoga 6:30pm - 60min Jenny | | |



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



Class Descriptions

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.

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.

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.

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!

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.