

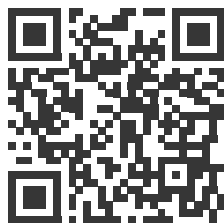


BEACON[™]
Health & Fitness

Classes

South Bend

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bodypump™ 9am - 60min Linda	Bootcamp 5:45am - 45min Sally	Yoga 8am - 60min Ra	Bootcamp/Strength 5:45am - 45min Sally	Yoga 8am - 60min Ra	Bodypump™ 8:00am - 60min Jules/John
WATERinMOTION® Strength 9am - 60min Ra	Silver Strength 9am - 45min Karin D	HIIT & FIT 9:10am - 35min Karin L	Silver Strength 9am - 45min Karin D		Pilates 9:15am - 45min Emily/Colleen
Cardio Dance 10:10am - 40min Karin L	Pyramid H2O 9:30am - 45min Tama	WATERinMOTION® 9am - 60min Ra	Pyramid H2O 9:30am - 45min Tama	WATERinMOTION® 9am - 60min Judy	Silver Strength 9:30am - 45min Karin D
Yoga 11am - 45min Karin L	Stretch & Balance 10am - 45min Colleen	Cardio Drumming 10:30am - 45min Teresa	Stretch & Balance 10am - 45min Karin D	Cardio Drumming 10:30am - 45min Teresa	Yoga 10:30am - 60min Angelica
Xcelerate NOON - 45min Betsy	Xcelerate NOON - 45min Mandy		Xcelerate NOON - 45min Mandy	NEW Barre Strength 11:30am - 45min Kelly	
HIIT & FIT NOON - 45min Karin L	Bodypump™ NOON - 45min John	Pilates 12:15pm - 45min Victoria	BodyPump™ 12pm - 45min John/Colleen	Type of Class <div> <div>Group Fitness</div> <div>Cycling (Gym)</div> <div>Pool</div> <div>Gym</div> <div>Lobby</div> </div>	
Tai Chi 1pm - 60min Swan			Tai Chi 1pm - 60min Swan		
Pilates 5:30 - 45min Colleen	Bodypump™ 5:30pm - 60min Jessica M	Bootcamp 5:30pm - 45min Cindy	Bodypump™ 5:30pm - 60min Jules		
Bootcamp 5:30pm - 45 mins Cindy	Yoga 6:45pm - 60min Chelly	NEW WATERinMOTION® Aerobics/Strength 5:30pm - 45min Jessica			
Yoga 6:30pm - 60min Jamie					




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BeaconHealthAndFitness.org
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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.

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.

HIIT & FIT

Functional strength training for the whole body. Set in intervals to challenge the cardiovascular system at the same time. Designed for all levels and focused on efficient technique.

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

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

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!