



**BEACON**  
Health & Fitness

# Classes

## South Bend

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|---|--|--|--|---|---|
| <b>Bodypump™</b><br>9am - 60min<br>Linda                                | <b>Bootcamp</b><br>5:45am - 45min<br>Sally   | <b>Yoga</b><br>8am - 60min<br>Ra   | <b>Bootcamp/Strength</b><br>5:45am - 45min<br>Sally      | <b>Yoga</b><br>8am - 60min<br>Ra                    | <b>Bodypump™</b><br>8:00am - 60min<br>Jules/John    |
| <b>WATERinMOTION®</b><br>9:15am - 60min<br>Ra                           | <b>Bodypump™</b><br>6:45 am - 45min<br>Aleigha   | <b>NEW</b><br><b>Strength &amp; Balance</b><br>9:15am - 30min<br>Karin L | <b>NEW</b><br><b>Pilates</b><br>7 am - 45min<br>Victoria | <b>WATERinMOTION®</b><br>9am - 60min<br>Judy        | <b>Pilates</b><br>9:15am - 45min<br>Emily/Colleen   |
| <b>Cardio Dance</b><br>10:15am - 45min<br>Karin L                       | <b>Silver Strength</b><br>9am - 45min<br>Karin D   | <b>WATERinMOTION®</b><br><b>Strength</b><br>9:15am - 60min<br>Ra         | <b>Silver Strength</b><br>9am - 45min<br>Karin D         | <b>Bodypump™</b><br>9:15 am - 45min<br>Aleigha      | <b>Silver Strength</b><br>9:30am - 45min<br>Karin D |
| <b>Yin Yoga</b><br>11:15am - 45min<br>Karin L                           | <b>H2O Fit</b><br>9:30am - 45min<br>Tama   | <b>Cardio Drumming</b><br>10:30am - 45min<br>Teresa                      | <b>H2O Fit</b><br>9:30am - 45min<br>Tama                 | <b>Cardio Drumming</b><br>10:30am - 45min<br>Teresa | <b>Yoga</b><br>10:30am - 60min<br>Angelica          |
| <b>Xcelerate</b><br>NOON - 45min<br>Betsy                               | <b>Stretch &amp; Balance</b><br>10am - 45min<br>Colleen                                      | <b>Xcelerate 30</b><br>NOON - 30min<br>Christina                         | <b>Stretch &amp; Balance</b><br>10am - 45min<br>Karin D  | <b>Barre Strength</b><br>11:30am - 45min<br>Kelly   |   |
| <b>NEW</b><br><b>Strength &amp; Balance</b><br>12:15 - 30min<br>Karin L | <b>Xcelerate</b><br>NOON - 45min<br>Mandy  | <b>Pilates</b><br>12:15pm - 45min<br>Victoria                            | <b>Xcelerate</b><br>NOON - 45min<br>Mandy                |   |   |
| <b>Tai Chi</b><br>1pm - 60min<br>Swan                                   | <b>Bodypump™</b><br>NOON - 45min<br>John   | <b>Bootcamp</b><br>5:30pm - 45min<br>Cindy                               | <b>BodyPump™</b><br>12pm - 45min<br>John/Colleen         |   |   |
| <b>Pilates</b><br>5:30 - 45min<br>Colleen                               | <b>Bodypump™</b><br>5:30pm - 60min<br>Jessica M  | <b>NEW</b><br><b>H2O Fit</b><br>5:30pm - 45min<br>Tama                   | <b>Tai Chi</b><br>1pm - 60min<br>Swan                    |   |   |
| <b>Bootcamp</b><br>5:30pm - 45 mins<br>Cindy                            | <b>NEW</b><br><b>WATERinMOTION®</b><br><b>Aerobics/Strength</b><br>5:30pm - 45min<br>Jessica |  | <b>Bodypump™</b><br>5:30pm - 60min<br>Jules              |   |   |
| <b>Yoga</b><br>6:30pm - 60min<br>Ra                                     | <b>Yoga</b><br>6:45pm - 60min<br>Chelly  |  |  |   |   |

### Type of Class

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




**BEACON**  
Health & Fitness

Elkhart | Granger | South Bend | Three Rivers  
 BeaconHealthAndFitness.org  
 Fitness@BeaconHealthSystem.org



## Class Descriptions

**Barre Strength** | As barre and strength fusion class, this workout incorporates small and large muscle group training with a focus on proper alignment. This dynamic class welcomes all fitness levels and promises to leave you feeling lengthened and strengthened as we move with intention, using a wide array of modalities including resistance bands, weights, Bosu, small Pilates ball, and large yoga ball.

**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** | 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 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.

**H2O Fit** | This is a low-impact water class designed to provide strength conditioning, improved flexibility, and improved balance. The class will utilize different equipment for a fun challenge. It is a total body workout without the stress of land-based exercise. Perfect any fitness level.

**Pilates** | Based on the teachings of Joseph Pilates, learn the mat exercises to develop better posture and improve torso strength.

**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 & Balance** | Improve your functional strength to assist in sports and daily activities. We will focus on the lumbo-pelvic-hip complex to create core strength and stability. Set in intervals to challenge the cardiovascular system and time to fine tune technique. Designed for all levels with options to accommodate injuries.

**Stretch & Balance** | Work the whole body using barbells, weights, plates, stability ball, bosu's gliding discs, resistance bands, body weight and focus on using your balance.

**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.

**WATERinMOTION® Strength** | Takes advantage of the aqua environment to build muscular endurance, power and overall tone in a workout using aqua dumbbells. Use 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

**Xcelerate/Xcelerate 30** | 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.

**Yin Yoga** | A deep, meditative, passive, and grounding practice. Through the use of passive holds, the yin style involves surrendering into poses and exploring them for longer periods of time in order to let go of tensions stored in the body to calm the nervous system.

**Yoga** | Based on the Hatha style of yoga. Practice at your own pace & feel good in your body!