



BEACON
Health & Fitness

Classes

Granger

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Xcelerate30 5:15am - 30min Danielle	HIIT 5:15am - 30min Danielle	Xcelerate 5:15am - 45 min Audrey	HIIT 6am - 45min Cindy	Xcelerate30 5:15am - 30min John	BodyPump 7:15am - 45min Kim
Xcelerate30 6am - 30min Danielle	Power Core 5:50am - 40min Danielle	Bootcamp 6am - 45 mins Danielle	PILOXING® 8am - 45min Cindy	Xcelerate30 6am - 30min John	Xcelerate 7:30am - 45 min Danielle/Mia
Pyramid H2O 8am - 45min Judy	PILOXING® 8am - 45min Cindy	Warm Water Flow 8am - 45min Andy	Power Core 9am - 45min Linda	Cardio Dance 8am - 45min Susan	Sunrise Yoga 8am - 60min Chelly
Yoga 9am - 45min Kerri	Power Core 9am - 45min Linda	Yoga 9am - 45min Kerri	WATERinMOTION® 9am - 60min Cara	Chair Flow 8am - 45min Staff	WATERinMOTION® 8:30am - 60min Judy
Pyramid H2O 9am - 45min Judy	WATERinMOTION® 9am - 60min Cara	Pyramid H2O 9am - 45min Judy	Strength & Balance 10am - 45min Del	NEW BodyPump + Core 9am - 60min Aliesa	Strength 8:30am - 45 min Danielle/Cindy
Strength 9am - 45min Emily M	Xcelerate 9am - 45min Bobbie	NEW HIIT + Strength or Bootcamp 9am - 45min Katie	Barre 10am - 45min Susan	WATERinMOTION® 9am - 60min Jess	Yoga Foundations 9:15am - 60min Chelly
Stretch/Mobility 10am - 45min Emily M.	Strength & Balance 10am - 45min Del	Pilates With Props 10am - 45min Emily M	WATERinMOTION® Strength 10:15am - 45min Cara	Barre 9am - 45min Susan	Cardio Dance 9:30am - 45min Jess/Cindy
BodyPump 11 am - 45min Aliesa	Barre 10am - 45min Bobbie	BodyPump 11 am - 60min Linda	Cardio Drumming 11 am - 45min Susan	Cardio Drumming 10:15am - 45min Jess	Type of Class <input type="checkbox"/> Lap Pool <input type="checkbox"/> Therapy Pool <input type="checkbox"/> Cycling <input type="checkbox"/> Group Fitness <input type="checkbox"/> Yoga/Pilates
Xcelerate 12:15pm - 45min Emily S.	WATERinMOTION® Strength 10:15am - 45min Cara	Core 12:15pm - 30min Linda	Yoga NOON - 45min Jessica	Pilates 11 am - 45min Jonell	
Cardio Dance 4pm - 45min Jess	Barre 11 am - 45min Bobbie	Cardio Dance 4pm - 45min Jess	TRX Suspension Training 4:30pm - 45min Linda	NEW HIIT + Strength or Bootcamp 11:15am - 45min Katie	
Tai Chi 5pm - 60min Swan	Tai Chi 11 am - 60min Swan	Yin Yoga 5:30pm - 45min Emily H	BodyPump 5:30pm - 45min Linda	Xcelerate 12:15pm - 45min Mandy	
Xcelerate 5:30pm - 45min Lynda	Slow Flow Yoga NOON - 60min Jill	NEW Xcelerate 5:30pm - 45min Mia	NEW TIME Pilates 5:30pm - 45min Hayley		
BodyPump 5:45pm - 45min Mandy	NEW Low Impact Cardio Drumming 12:15pm - 45min Teresa	Strength 5:45pm - 40min Mandy	Cardio Dance 6:30pm - 45min Natalie		
WATERinMOTION® Strength 5:45pm - 45min Casie	Chair Yoga 1:15pm - 45min Jill	Pyramid H2O 5:45pm - 45min Lisa			
Power Yoga 6:30pm - 45min Emily H	Strength 5:30pm - 45min Hayley	Low Impact Cardio Drumming 6:30pm - 45min Teresa			
Cardio Kickboxing 6:45pm - 30min Mandy	Vinyasa Yoga 5:45pm - 60min Wayne				
	Cardio Dance 6:30pm - 45min Natalie				

Effective 7.9.23



Elkhart | Granger | South Bend | Three Rivers
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Class Descriptions

Barre | A full body workout with a focus on endurance & balance using a fusion of yoga, pilates, strength training & Ballet.

BODYPUMP™ | THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned & fit – fast. Using light to moderate weights with lots of repetition, to give you a total body workout. You'll leave class feeling challenged & motivated, ready to come back for more.

Bootcamp | Boot your way back into shape! Challenge your strength, cardio, balance and flexibility with a variety of exercises.

Bootcamp Circuit | Boot your way into shape! Challenge your strength, cardio, balance and flexibility with a variety of exercises circuit style.

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.

- **Low Impact Cardio Drumming** - This class is made for those who are new to Cardio Drumming. A slowed down version that enables participants to learn the moves while having fun!

HIIT | Strength, Athletic and Cardio, 30-minute workouts designed to get you real results, fast.

HIIT + Strength or Bootcamp | Get ready for a high intensity training using different formats. Instructor choice each class.

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

PILOXING® | A non-stop interval fusion of Pilates, boxing and dance, that will push you to your limits. Feel and let loose with fun and funky dance moves.

Power Core | A class designed to focus on your foundation - the core. Create stability from the middle of your body, which is the basis of all movement, then layers on mobility, strength and power.

Pyramid H2O | Interval training - aqua style.

Strength | Use weights, bands, stability balls, body bars and the bosu to work all the muscle groups of the body.

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 | An ancient Chinese tradition that involves a series of movements performed in a slow, focused manner accompanied by deep breathing. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection, appropriate for all levels.

TRX | TRX Stands for Total Body Resistance Exercise. This program utilizes body weight, gravity, balance and core. TRX Training is an effective way to perform a total body workout and build functional strength.

Warm Water Flow | Water causes less stress on the joints & allows students to experience postures they may be unable to achieve on land. The resistance of the water also helps to build strength & allow students to achieve a greater range of motion while enhancing relaxation for a deeper meditative experience.

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 | Take advantage of the aqua environment to build muscular endurance, power & overall tone in a workout using aqua dumbbells. 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 | 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!

- **Chair Flow / Yoga** - Gentle practice in which postures are performed while seated and/or with the aid of a chair.
- **Power Yoga** - A powerful, energetic form of yoga where students connect their breathing to their movements. chaturanga, upward facing dog & downward facing dog.
- **Slow Flow Yoga** - Experience a blend of deep restorative stretching balanced with a strength building flow to build heat in the body. Each class is designed to warm the muscles to allow for deeper stretches, increase mobility, and ease tension. Restore the body, mind, and spirit in this meditative practice.
- **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.
- **Yoga Foundations** - Whether you are brand new to yoga or an experienced yogi who prefers slower sequences, this class is for you. Poses and sequences will be broken down more to encourage safety in practice and mindful movement.
- **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.
- **Vinyasa Yoga** - Focuses on linking breath with movement to attain balance in the mind and body. Several postures will be linked together in a sequence or flow at a medium to faster pace.