





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Xcelerate30 5:15am - 30min Danielle	HIIT 5:15am - 30min Danielle	Xcelerate 5:15am - 45 min Audrey	NEW Xcelerate 5:15am - 45min Dan	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	NEW Flexibility/ Balance & Stretch 6am - 30min Danielle	Sunrise Yoga 8am - 60min Chelly	
Yoga 9am - 45min Kerry	Power Core 9am - 45min Linda	Yoga 9am - 45min Kerry	WATERinMOTION® 9am - 60min Cara	Cardio Dance 8am - 45min Susan	WATERinMOTION® 8:30am - 60min Judy	
Pyramid H2O 9am - 45min Judy	WATERinMOTION® 9am - 60min Cara	Pyramid H2O 9am - 45min Judy	Strength & Balance 10am - 45min Del	Chair Flow 8am - 45min Lexi	Strength 8:30am - 45 min Danielle/Cindy	
Strength 9am - 45min Emily M	Xcelerate 9am - 45min Bobbie	Strength + HIIT 9am - 45min Katie	Barre 10am - 45min Susan	BodyPump + Core 9am - 60min Aliesa	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	WATERinMOTION® 9am - 60min Jess	Cardio Dance 9:30am - 45min Jess/Cindy	
BodyPump 11 am - 45min Aliesa	HIIT The Barre 10am - 45min Bobbie	BodyPump 11 am - 60min Linda	Cardio Drumming 11 am - 45min Susan	Barre 9am - 45min Susan	<p>Type of Class</p> <ul style="list-style-type: none"> Lap Pool Therapy Pool Cycling Group Fitness Yoga/Pilates 	
Xcelerate 12:15pm - 45min Emily S.	WATERinMOTION® Strength 10:15am - 45min Cara	Les Mills Core 12:05pm - 30min Linda	Yoga NOON - 45min Jessica	Cardio Drumming 10:15am - 45min Jess		
Cardio Dance 4pm - 45min Jess	Barre Balance & Mobility 11 am - 45min Bobbie	Cardio Dance 4pm - 45min Jess	BodyPump 5:30pm - 45min Linda	Pilates 11 am - 45min Jonell		
Tai Chi 5pm - 60min Swan	Slow Flow Yoga NOON - 60min Jessica	Yin Yoga 5:30pm - 45min Emily H	Pilates 5:30pm - 45min Kayla	Strength + HIIT 11:15am - 45min Katie		
Xcelerate 5:30pm - 45min Lynda	Low Impact Cardio Drumming 12:15pm - 45min Teresa	Xcelerate 5:30pm - 45min Mia	Cardio Dance 6:30pm - 45min Tory	Xcelerate 12:15pm - 45min Mandy		
BodyPump 5:45pm - 45min Mandy	Tai Chi 11 am - 60min Swan	Strength 5:45pm - 40min Mandy		NEW Tai Chi & Qi Gong for Active Recovery 12:30pm - 60min Swan		
WATERinMOTION® Strength 5:45pm - 45min Casie	Chair Yoga 1:15pm - 45min Jessica	Pyramid H2O 5:45pm - 45min Lisa				
Power Yoga 6:30pm - 45min Emily H	NEW Xcelerate 5:30pm - 45min Dan	Low Impact Cardio Drumming 6:30pm - 45min Teresa	 <p>BEACON Health & Fitness</p> <p>Elkhart Granger South Bend Three Rivers BeaconHealthAndFitness.org EStukel@beaconhealthsystem.org</p>			
Cardio Kickboxing 6:45pm - 30min Mandy	Strength 5:30pm - 45min Hayley					
	Vinyasa Yoga 5:45pm - 60min Wayne					
	Cardio Dance 6:30pm - 45min Natalie					



Class Descriptions

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

Barre Balance & Mobility | Focus on controlled and flowing movements. Combine functional strength, balance and mobility.

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

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!

Cardio Kickboxing | Get fast and strong using non-contact exercises to fuel cardio fitness and train the whole body.

Flexibility/Balance + Stretch | Recover & lengthen muscles with a gentle stretch class that focuses on flexibility, balance, stabilization and core. Experiment with long, slow holds in prone, seated and standing positions. These exercises enhance muscle elasticity and balance; improve range of motion & posture, and target joint imbalances as well as stress release.

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

HIIT The Barre | Focus on both cardiovascular and muscular endurance through high intensity interval training using low-to-no impact movements.

Les Mills 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.

Les Mills Core | Build strength, stability and endurance in the muscles supporting your core, improve balance & prevent injury.

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.

Strength & Balance | Same as Strength class (above) with a focus on adding balance to movements.

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

Stretch & Mobility | Utilize gentle stretching along with range of motion exercises to improve flexibility & mobility

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.

Tai Chi Qi Gong For Active Recovery | After a hard week of work & working out, engage in active recovery to maximize restoration within your body & mind over the weekend

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® | 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.