




BEACON
Health & Fitness

Classes

Three Rivers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BodyPump® 5:30am - 60 min Kathy	Cycle 5:30am - 45 min Kathy	BodyPump® 5:30am - 60 min Kathy		BodyBalance® 8am - 45 min Kathy
Yoga Pilates Fusion 8am - 45 min Pam	BodyCombat® 8am - 50 min Kelly	BodyBalance® 8am - 45 min Heather	BodyCombat® 8am - 50 min Kelly	Yoga Pilates Fusion 8am - 45 min Pam	Cycle 9am - 45 min Kathy
Tabata Strength/Cycle 9am - 60 min Pam	Boot Camp 9am - 45 min Kelly	BodyPump® 9am - 60 min Julie	Boot Camp 9am - 45 min Kelly	Rip N Ride 9am - 60 min Kelly/Pam	BodyPump® 10am - 55 min Kathy
WATERinMOTION® 9am - 50 min Amanda	Water Aerobics 9am - 45 min Lynn	Aqua Tabata 9am - 45 min Amanda	Water Aerobics 9am - 45 min Lynn	WATERinMOTION® 9am - 50 min Amanda	
Chair Yoga 10:10am - 60 min Pam	Aqua Tabata 10am - 45 min Lynn		WATERinMOTION® 10am - 45 min Kelly	Aqua Tabata 10am - 45 min Amanda	
	Fit For Life 11:10am - 45 min Lynn		Fit For Life 11:10am - 45 min Lynn		
BodyPump® 12:10pm - 30 min Meg		BodyPump® 12:10pm - 30 min Meg			
BodyBalance® 4:30pm - 50 min Kathy	HIIT 4:30pm - 45 min Bridget	Pilates 5:30pm - 45 min Pam			
Aqua Tabata 5:30pm - 45 min Kathy	BodyCombat® 5:30pm - 50 min Julie	WATERinMOTION® 5:30pm - 50 min Kathy			
BodyPump® 5:30pm - 45 min Julie					
NEW Cycle 6:30pm - 45 min Julie					

Type of Class

- Cardio
- Strength
- Mind/Body
- Combination
- Pool



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



Class Descriptions

Aqua Tabata (2-3) Taking one of the most effective types of interval training into the water! Tabata consists of 20 seconds of anaerobic exercise followed by 10 seconds of rest for 8 rounds. These 4 minutes are simple, yet intense circuits that will torch calories & build muscle!

BodyCombat™ (2-3) A high-energy, martial arts inspired workout. This non-contact workout requires no experience but teaches you moves from Karate, Taekwondo, boxing, Muay Thai, Capoeira & Kung Fu.

BodyBalance™ (2-3) This class features a scientifically backed combination of simple yoga moves, with some elements of Tai Chi & Pilates. The moves are carefully curated to strengthen your entire body & increase flexibility, and it's all set to the perfect music to unwind to — so it's easy to forget that you're challenging your body & changing it for the better.

BodyPump™ (2-3) 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. Instructors coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation & great music.

Boot Camp (2-3) We want to keep you guessing & challenge you differently in each class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility & endurance! Boot Camp works you head to toe so you'll be ready for anything life brings!

Chair Yoga (1-3) A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

Fit For Life (1-2) Improve muscular strength, range of motion & activities of daily living using weights, elastic tubing, balls & more! A chair is used for seated exercises & for extra support while standing. Class can be adapted to all fitness levels & abilities.

Group Cycle (1-3) A high intensity workout on a specialized bike in a group setting to upbeat music. This is designed for all fitness levels "it's your ride!"

HIIT (2-3) High Intensity Interval Training (HIIT): This class will be a mix of functional cardio and strength moves alternating short periods of intense exercise followed by brief periods of rest.

Pilates Learn and understand the concepts of core strength and stabilization along with Pilates mind/body based movement. Pilates teaches the awareness of breath and alignment of spine.

Rip N Ride (2-3) Don't miss this 2-in-1, power packed workout! Experience a combination of strength & cardio training by combining weight bearing/resistance exercises & cycling workouts.

Tabata Strength/Cycle (2-3) Intense, calorie burning, muscle building workout that is centered around 20 seconds of all out exercise, with a 10 second rest for a total of 8 rounds. High intensity intervals alternating between the bike & strengthening exercises.

WATERinMOTION® (1-2) The newest aqua exercise workout that provides a low impact, high-energy challenge for cardiovascular workout tones and tapers the entire body.

Water Aerobics (1-3) Challenge your cardio system & muscles at the same time! Weights, noodles, boards & more may be used to make for a fun & effective class!

Yoga Pilates Fusion (1-3) A fusion of Yoga and Pilates. This class combines the Yoga focus of enhanced mind, body awareness, strength, flexibility, and balance as well as Pilates core work to create a strong, stable foundation for movement.

Vinyasa Yoga (1-3) Focus on linking breath with movement to attain balance in the mind and body. Several postures will be linked together in a sequence or flow.

Class Levels

1 (beginner) Perfect for novice exercisers! If you are currently somewhat active in your daily life but do not accumulate 30 minutes of physical activity most days of the week, beginner classes are perfect for you.

2 (moderate) A moderately active person who does exercise but currently gets less than the recommended 2.5 hours per week of moderate exercise such as walking or riding a bike on a level surface.

3 (advanced) For the experienced exerciser who works out vigorously for at least 1.25 hours each week doing activities such as jogging, high intensity aerobics & biking hills.