

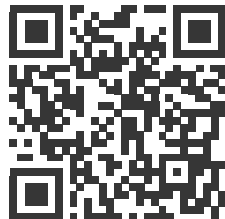


BEACON
Health & Fitness

Classes

South Bend

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pyramid H2O 9am - 45min Lisa	Bootcamp 5:45am - 45min Sally	Power Core & More 5:45am - 45min Cindy	Bootcamp/Strength 5:45am - 45min Sally	WATERinMOTION® 9am - 60min Judy	Bodypump™ 8:00am - 60min Jules/John
Bodypump™ 9am - 60min Linda	Xcelerate 6am - 45min Aleigha	Yoga 8am - 60min Karin L.	NEW Xcelerate 6am - 45min Aleigha	Bodypump™ 9:15 am - 45min Aleigha	Pilates 9:15am - 45min Emily/Colleen/Victoria
Joy of Movement 10:15am - 45min Karin D	NEW Silver Strength 8am - 45min Karin D	Pyramid H2O 9am - 45min Lisa	NEW Silver Strength 8am - 45min Karin D	Cardio Drumming 10:30am - 45min Teresa	Silver Strength 9:30am - 45min Karin D
Yin Yoga 11:15am - 45min Karin L	H2O Fit 9am - 45min Tama	BodyPump 9:15am - 30min Karin L	H2O Fit 9am - 45min Tama	Barre Strength 11:30am - 45min Kelly	Yoga 10:30am - 60min Angelica
Xcelerate NOON - 45min Maggie	Silver Strength 9am - 45min Karin D	NEW Instructional & Round Robin Pickleball 10am - 60min Open Play	Silver Strength 9am - 45min Karin D	Type of Class <input type="checkbox"/> Group Fitness <input type="checkbox"/> Cycling (Gym) <input type="checkbox"/> Pool <input type="checkbox"/> Gym <input type="checkbox"/> Lobby	
Core 12:15 - 30min Karin L	NEW Pickleball 10am - 60min Open Play	Cardio Drumming 10:30am - 45min Teresa	NEW Pickleball 10am - 60min Open Play		
Tai Chi 1pm - 60min Swan	Stretch & Balance 10am - 45min Colleen	Xcelerate NOON - 45min Christina	Stretch & Balance 10am - 45min Karin D		
HIIT 4:30pm - 45min Cindy	BodyPump™ NOON - 45min John	Circuit Strength 5:30pm - 45min Cindy	BodyPump™ NOON - 45min John/Colleen		
Pilates 5:30 - 45min Colleen	NEW Xcelerate NOON - 45min Maggie		NEW Xcelerate NOON - 45min Maggie		
	WATERinMOTION® Aerobics/Strength 5:30pm - 45min Jessica		Tai Chi 1pm - 60min Swan		
	BodyPump™ 5:30pm - 60min Jessica M		Bodypump™ 5:15pm - 60min Jules		
	Yoga 6:45pm - 60min Chelly				



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



Class Descriptions

Barre Strength | A fusion of barre & strength, 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 tools including resistance bands, weights, Bosu, Pilates ball & 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.

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.

Circuit Strength | 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

Core | Enjoy a quick class focused on strengthening the abdominals, glutes, lower back, hips and shoulders to encourage better posture & improve your functional fitness.

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.

HIIT | HIIT is a full-body strength interval class. Class can be upper or lower body with a circuit utilizing weights, bands, mats, etc. This fun & energetic class will not only keep you moving but also teach you the fundamentals & importance of proper weight training/lifting.

Joy of Movement | Enjoyable movements to music — learn easy line dances with gentle movements & lots of fun! A great workout for all fitness levels.

Pickleball | A low-impact, high-energy doubles racket sport that blends tennis, badminton and ping-pong.

- **Instructional & Round Robin** | Learn to play Pickleball with instruction, and rotate participants Round Robin style so everyone can work in & get play time.

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

Power Core & More | Focus on your foundation—the core, and work every major muscle group using weights, bands, stability balls, body bars and the bosu. Plus challenging power moves.

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 & Balance | Challenge your balance with a variety of exercises designed to improve your stability using unilateral & bilateral moves. You'll transition into gentle stretches for better mobility, flexibility & ease of movement from head to toe. Leave class feeling relaxed & refreshed.

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 | Take advantage of the aqua environment to build muscular endurance, power and overall tone in a workout using aqua dumbbells. Build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain on the joints & ligaments to prevent overuse & enhance recovery time while improving flexibility & 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.

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!