



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Xcelerate</b> 5:15am - 45min Danielle	<b>HIIT</b> 5:15am - 30min Danielle	<b>Xcelerate</b> 5:15am - 45 min Audrey	<b>Xcelerate</b> 5:15am - 45min Dan	<b>Xcelerate</b> 5:15am - 45min John	<b>BodyPump</b> 7:15am - 45min Kim
<b>NEW Flexibility/ Balance &amp; Stretch</b> 6:15am - 30min Danielle	<b>Power Core</b> 5:50am - 40min Danielle	<b>Bootcamp</b> 6am - 45 mins Danielle	<b>NEW Bootcamp</b> 6am - 45 mins Brett	<b>Flexibility/ Balance &amp; Stretch</b> 6am - 30min Danielle	<b>Xcelerate</b> 7:30am - 45 min Danielle/Mia
<b>Pyramid H2O</b> 8am - 45min Judy	<b>PILOXING®</b> 8am - 45min Cindy	<b>Warm Water Flow</b> 8am - 45min Andy	<b>PILOXING®</b> 8am - 45min Cindy	<b>Cardio Dance</b> 8am - 45min Susan	<b>Sunrise Yoga</b> 8am - 60min Chelly
<b>Yoga</b> 9am - 45min Kerry	<b>Power Core</b> 9am - 45min Linda	<b>Yoga</b> 9am - 45min Kerry	<b>Power Core</b> 9am - 45min Linda	<b>Chair Flow</b> 8am - 45min Lexi	<b>WATERinMOTION®</b> 8:30am - 60min Judy
<b>Pyramid H2O</b> 9am - 45min Judy	<b>WATERinMOTION®</b> 9am - 60min Cara	<b>Pyramid H2O</b> 9am - 45min Judy	<b>WATERinMOTION®</b> 9am - 60min Cara	<b>BodyPump + Core</b> 9am - 60min Aliesa	<b>Strength</b> 8:30am - 45 min Danielle/Cindy
<b>Strength</b> 9am - 45min Emily M	<b>Xcelerate</b> 9am - 45min Bobbie	<b>Strength + HIIT</b> 9am - 45min Katie	<b>Strength &amp; Balance</b> 10am - 45min Del	<b>WATERinMOTION®</b> 9am - 60min Jess	<b>Yoga Foundations</b> 9:15am - 60min Chelly
<b>Stretch/Mobility</b> 10am - 45min Emily M.	<b>Strength &amp; Balance</b> 10am - 45min Del	<b>Pilates With Props</b> 10am - 45min Emily M	<b>Barre</b> 10am - 45min Susan	<b>Barre</b> 9am - 45min Susan	<b>Cardio Dance</b> 9:30am - 45min Jess/Cindy
<b>BodyPump</b> 11 am - 60min Aliesa	<b>HIIT The Barre</b> 10am - 45min Bobbie	<b>BodyPump</b> 11 am - 60min Linda	<b>WATERinMOTION® Strength</b> 10:15am - 45min Cara	<b>Cardio Drumming</b> 10:15am - 45min Jess	<p><b>Type of Class</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lap Pool</li> <li><input type="checkbox"/> Therapy Pool</li> <li><input type="checkbox"/> Cycling</li> <li><input type="checkbox"/> Sports Performance</li> <li><input type="checkbox"/> Group Fitness</li> <li><input type="checkbox"/> Yoga/Pilates</li> </ul>
<b>Les Mills Core</b> 12:05pm - 30min Aliesa	<b>WATERinMOTION® Strength</b> 10:15am - 45min Cara	<b>Les Mills Core</b> 12:05pm - 30min Linda	<b>Cardio Drumming</b> 11 am - 45min Susan	<b>Pilates</b> 11 am - 45min Jonell	
<b>Xcelerate</b> 12:15pm - 45min Emily S.	<b>Barre Balance &amp; Mobility</b> 11 am - 45min Bobbie	<b>Cardio Dance</b> 4pm - 45min Jess	<b>Yoga</b> NOON - 45min Jessica	<b>Strength + HIIT</b> 11:15am - 45min Katie	
<b>Cardio Dance</b> 4pm - 45min Jess	<b>Tai Chi</b> 11 am - 60min Swan	<b>Yin Yoga</b> 5:30pm - 45min Emily H	<b>BodyPump</b> 5:30pm - 45min Linda	<b>Xcelerate</b> 12:15pm - 45min Mandy	
<b>NEW Barre</b> 5pm - 45min Susan <i>(Class starting Jan. 22)</i>	<b>Slow Flow Yoga</b> NOON - 60min Jessica	<b>Xcelerate</b> 5:30pm - 45min Mia	<b>Pilates</b> 5:30pm - 45min Kayla	<b>Tai Chi &amp; Qi Gong for Active Recovery</b> 12:30pm - 60min Swan	
<b>Xcelerate</b> 5:30pm - 45min Lynda	<b>Low Impact Cardio Drumming</b> 12:15pm - 45min Teresa	<b>Strength</b> 5:45pm - 40min Mandy	<b>Cardio Dance</b> 6:30pm - 45min Tory		
<b>BodyPump</b> 5:45pm - 45min Mandy	<b>Chair Yoga</b> 1:15pm - 45min Jessica	<b>Pyamid H2O</b> 5:45pm - 45min Lisa			
<b>WATERinMOTION® Strength</b> 5:45pm - 45min Casie	<b>Xcelerate</b> 5:30pm - 45min Dan	<b>Low Impact Cardio Drumming</b> 6:30pm - 45min Teresa			
<b>Power Yoga</b> 6:30pm - 45min Emily H	<b>NEW BodyPump</b> 5:30pm - 45min Karen				
<b>Cardio Kickboxing</b> 6:45pm - 30min Mandy	<b>Vinyasa Yoga</b> 5:45pm - 60min Wayne				
	<b>Cardio Dance</b> 6:30pm - 45min Natalie				

Effective 1.8.24



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.

**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.