

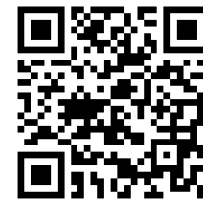


BEACON[™]
Health & Fitness

Classes

Elkhart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NEW HIIT Strength 5:15am - 45min Ashle		NEW HIIT Strength 5:15am - 45min Ashle		Boot Camp 7:15am - 45min Ashle
Silver Pep Fitness 8:15am - 45min Cara		Silver Pep Fitness 8:15am - 45min Cara	Xcelerate 5:15am - 45min Kristen		Yoga 8am - 45min Jill
	Sunrise Yoga 6am - 45min Jenny	Cardio Drumming 9am - 45min Susan	Sunrise Yoga 6am - 45min Jenny		WATERinMOTION® 8am - 45min Kristen
Xcelerate 9am - 45min Maria	Strength 9am - 45min Mallory	Xcelerate 9am - 45min Stacy	Strength 9am - 45min Mallory	Xcelerate 9am - 45min Stacy	Strength 8:15am - 45min Ashle
WATERinMOTION® 9am - 45min Cara	WATERinMOTION® Strength 9am - 45min Kristen	WATERinMOTION® 9am - 45min Cara	WATERinMOTION® Strength 9am - 45min Kristen	WATERinMOTION® 9am - 45min Cara	Xcelerate 9am - 45min Stacy/Maria
Strength & Core 9:30am - 60min Ashle	Deep Aqua 10am - 45min Andy	Strength & Core 10am - 45min Ashle	Deep Aqua 10am - 45min Andy	Strength & Core 9:30am - 60min Ashle	Yoga Foundations 9am - 45min Jill
Stretch & Balance 10am - 45min Theresa	Sculpt & Tone 10am - 45min Peggy	Stretch & Balance 10am - 45min Theresa	Sculpt & Tone 10am - 45min Peggy	Private Rental 10am - 45min	Cardio Drumming 10am - 45min Teresa
Silver Strength 11am - 45min Ashle	Private Rental 11am - 45min	Silver Strength 11am - 45min Cara	HIIT Bootcamp 5pm - 45min Erin	Yoga 11am - 60min Jenny	<p>Location of Class</p> <ul style="list-style-type: none"> Pool Cycling Studio Group Fitness Yoga/Pilates Commons Gym
Deep Stretch 5:30pm - 45min Jill	Cardio Dance 5:30pm - 45min Susan	Chair Stretch 11am - 45min Theresa	Yoga Foundations 5:30pm - 45min Jill	Silver Strength 11am - 45min Ashle	
Power Hour 5:30pm - 60min Erin	Yoga Foundations 5:30pm - 45min Jill	WATERinMOTION® Strength 5pm - 45min Kristen	WATERinMOTION® 5:30pm - 45min Kristen		
Zumba 6:15pm - 45min Michelle	WATERinMOTION® 5:30pm - 45min Kristen	Strength 5:30pm - 45min Missey	Yoga 6:30pm - 60min Jenny		
	Yoga 6:30pm - 60min Jenny	Cardio Dance 6:30pm - 45min Kerri			




BEACON[™]
Health & Fitness

Elkhart | Granger | South Bend | Three Rivers
BeaconHealthAndFitness.org
TJBradley@beaconhealthsystem.org



Class Descriptions

Boot Camp

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!

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.

Deep Aqua

This deep-water exercise provides the benefits of cardiovascular training with little to no stress on your joints. This low impact workout utilizes flotation devices and offers new challenges to your muscles while easing the strain in those problematic areas. (Participants must be able to climb a pool ladder to enter and exit.)

Deep Stretch

This class is a great option for anyone who is looking for a class to create ease in their body and mind and a good choice for athletes and anyone dealing with muscle tightness or stiffness. Our deep stretch classes begin with a short grounded flow to gently warm up the body, followed by increasingly passive poses held for 1-4 minutes to bring ease into all areas of the body. Deep stretch is a good compliment to faster and stronger practices. Expect to be seated, lying down, and supported with props for much of the class.

Nature Walk

Nature Walk, a free program open to members & non-members alike. Meet at the Wellfield Botanic Gardens for a 45-minute stroll outside.

Power Core

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

Power Yoga

Description: This class will contain faster paced flows linking breath and movement. Many poses will challenge balance but modifications will always be provided – open to all fitness levels.

Sculpt & Tone This class will sculpt you into shape quickly and effectively! Tone your arms, legs and get a rock-solid mid-section by utilizing free weights, resistance bands, physio balls, and your own body weight.

Silver Pep Fitness

Get energized and improve endurance, flexibility and strength. This fitness class helps seniors stay active, and live healthy. Classes are led by our specially-trained instructors.

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.

Strength

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

Strength & Core

Total Strength with Core and more!

Stretch/Balance

Gentle stretching from head to toe while working on your balance. Leave feeling refreshed and open.

Tread Bootcamp

Get the best of both worlds with this cardio & strength class! You'll spend time doing a walk/run on the treadmill and then do strength circuits off the treadmill. This gets the heart rate up along with hitting all muscle groups – mixing muscular strength & endurance together.

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.

WATERinMOTION®

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

**Lanes open to participants 10 minutes before class starts.*

WATERinMOTION® Strength

Takes advantage of the aqua environment to build muscular endurance, power and overall tone in a workout using aqua dumbbells. This class uses the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. 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.

**Lanes open to participants 10 minutes before class starts.*

Yoga

Based on the Hatha style of yoga. Practice at your own pace & feel good in your body!

- **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.
- **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.
- **Yoga Foundations** - If you are new to yoga, our Yoga Foundations offers a welcoming and encouraging environment for everyone to explore the fundamental poses found in most active yoga classes, as well as the basic concepts that underlie every yoga practice. *(Free EHA Commons class, 13 & older)*