

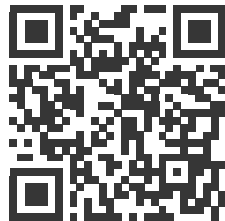


**BEACON**  
Health & Fitness

# Classes

## South Bend

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

**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** | Easy Line Dancing

Learn easy line dancing and improve your balance, leg and ankle strength and coordination - all while having fun. Going to a wedding soon? Miss going out to dance clubs? Here you'll learn all the basic line dances in a fun group to a variety of music styles.

**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** | This class is a focused workout program designed to strengthen core muscles without high intensity. It incorporates a mix of dynamic and static exercises for improved core strength, stability, and endurance in the abdomen, lower back, hips, and pelvis. The emphasis is on effective, controlled movements suitable for those seeking a lower-intensity approach to core fitness.

**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** | This class teaches basic introductory weight lifting for all. Here you will regain muscle and strength to allow you to stay strong for the next decades. If you participate regularly you will increase strength and muscle mass while having fun in a group setting.

**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.

**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!