



**BEACON**<sup>™</sup>  
Health & Fitness

# Classes

Elkhart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Xcelerate</b> 5:15am - 45min Kristen	<b>HIIT Strength</b> 5:15am - 45min Ashle	<b>Xcelerate</b> 5:15am - 45min Haley	<b>HIIT Strength</b> 5:15am - 45min Ashle	<b>Xcelerate</b> 5:15am - 45min Haley	<b>Bootcamp</b> 7:15am - 45min Erin
<b>Sunrise Yoga</b> 6am - 45min Peggy E				<b>Sunrise Yoga</b> 6am - 45min Peggy E	<b>Yoga</b> 8am - 45min Jill
<b>Silver Pep Fitness</b> 8:15am - 45min Cara	<b>NEW</b> <b>Cardio Drumming</b> 8am - 45min Madeline	<b>Silver Pep Fitness</b> 8:15am - 45min Cara		<b>NEW</b> <b>Low-Impact Cardio Drumming</b> 8am - 45min Madeline	<b>WATERinMOTION®</b> 8:15am - 45min Kristen
<b>WATERinMOTION®</b> 9am - 45min Cara	<b>WATERinMOTION® Strength</b> 9am - 45min Kristen	<b>WATERinMOTION®</b> 9am - 45min Cara	<b>WATERinMOTION® Strength</b> 9am - 45min Kristen	<b>WATERinMOTION®</b> 9am - 45min Cara	<b>Strength</b> 8:15am - 45min Erin
<b>Xcelerate</b> 9am - 45min Maria	<b>Strength</b> 9am - 45min Mallory	<b>Xcelerate</b> 9am - 45min Stacy	<b>Strength</b> 9am - 45min Mallory	<b>Xcelerate</b> 9am - 45min Stacy	<b>Xcelerate</b> 9am - 45min Maria/Haley
<b>Stretch &amp; Balance</b> 10am - 45min Theresa	<b>NEW</b> <b>Mat Pilates</b> 9am - 45min Madeline	<b>Stretch &amp; Balance</b> 10am - 45min Theresa		<b>NEW</b> <b>Mat Pilates</b> 9am - 45min Madeline	<b>Yoga Foundations*</b> 9am - 45min Jill
<b>Silver Strength</b> 11am - 45min Cara	<b>Deep Aqua</b> 10am - 45min Andy	<b>Chair Stretch</b> 11am - 45min Theresa	<b>Deep Aqua</b> 10am - 45min Andy	<b>Yoga</b> 11am - 60min Theresa	
<b>Yoga</b> Noon - 45min Jessica	<b>Sculpt &amp; Tone</b> 10am - 45min Jill	<b>Silver Strength</b> 11am - 45min Cara	<b>Sculpt &amp; Tone</b> 10am - 45min Jill	<b>Silver Strength</b> 11am - 45min Cara	
<b>Deep Stretch</b> 5:30pm - 45min Jill	<b>Cardio Dance</b> 5pm - 45min Susan	<b>WATERinMOTION® Strength</b> 5pm - 45min Kristen	<b>HIIT Bootcamp</b> 5pm - 45min Erin		
<b>Power Hour</b> 5:30pm - 60min Erin	<b>WATERinMOTION®</b> 5:30pm - 45min Kristen	<b>Power Hour</b> 5:30pm - 60min Erin	<b>WATERinMOTION®</b> 5:30pm - 45min Kristen		
	<b>Yoga Foundations*</b> 5:30pm - 45min Jill	<b>Cardio Dance</b> 5:30pm - 45min Susan	<b>Yoga Foundations*</b> 5:30pm - 45min Jill		
<b>Zumba</b> 6pm - 45min Michelle	<b>Strength</b> 6pm - 45min Missey		<b>Yoga</b> 6:30pm - 60min Jill		
	<b>Yoga</b> 6:30pm - 60min Jill				

Location of Class

- Pool
- Cycling Studio
- Group Fitness
- Yoga/Pilates
- Commons Gym



\*Yoga Foundations is a Commons class offering. Members are welcome to join, subject to cancellation when Commons is closed for events.



Elkhart | Granger | 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)*