



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

# Classes

## Three Rivers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>BodyPump®</b> 5:30am - 60 min Kathy	<b>Cycle</b> 5:30am - 45 min Kathy	<b>BodyPump®</b> 5:30am - 60 min Kathy	<b>Circuit Strength</b> 5:30am - 60 min Kathy	
<b>Yoga Pilates Fusion</b> 8am - 50 min Pam	<b>BodyCombat®</b> 8am - 50 min Kelly	<b>Core Fusion Yoga</b> 8am - 50 min Cynthia	<b>BodyCombat®</b> 8am - 50 min Kelly	<b>Yoga Pilates Fusion</b> 8am - 50 min Pam	<b>Cycle</b> 8am - 45 min Kathy
<b>Tabata Strength/Cycle</b> 9am - 45 min Pam	<b>Boot Camp</b> 9am - 50 min Kelly	<b>BodyPump®</b> 9am - 45 min Julie	<b>Boot Camp</b> 9am - 50 min Kelly	<b>Rip N Ride</b> 9am - 60 min Kelly/Pam	<b>BodyPump®</b> 9am - 45 min Kathy
<b>WATERinMOTION®</b> 9am - 50 min Casey Jo	<b>Aqua Tabata</b> 9am - 45 min Lynn		<b>Aqua Tabata</b> 9am - 45 min Lynn	<b>WATERinMOTION®</b> 9am - 50 min Caroline	<b>BodyBalance®</b> 10am - 50 min Kathy
<b>Aqua Tabata</b> 10am - 45 min Casey Jo		<b>Warm Water Flow</b> 11:30am - 45 min Andy	<b>WATERinMOTION®</b> 10am - 45 min Casey Jo	<b>Aqua Cardio + Strength</b> 10am - 45 min Caroline	
<b>Chair Yoga</b> 10am - 45 min Lynn	<b>Fit For Life</b> 11:10am - 45 min Lynn	<b>BodyPump®</b> 12:10pm - 30 min Meg	<b>Fit For Life</b> 11:10am - 45 min Lynn	<b>Low Impact Cardio Drumming</b> 10:30am - 45 min Teresa	
<b>Circuit Strength</b> 12:10pm - 30 min Caroline		<b>Deep Warm Water Stretch</b> 12:15pm - 45 min Andy		<b>Type of Class</b> <div> <div></div> Cardio           <div></div> Strength           <div></div> Mind/Body           <div></div> Combination           <div></div> Therapy Pool           <div></div> Pool         </div>	
<b>BodyBalance®</b> 4:30pm - 50 min Kathy	<b>HIIT</b> 4:30pm - 45 min Bridget	<b>Pilates</b> 5:30pm - 50 min Pam			
<b>Aqua Tabata</b> 5:30pm - 45 min Kathy	<b>BodyCombat®</b> 5:30pm - 50 min Julie	<b>WATERinMOTION®</b> 5:30pm - 50 min Kathy	<b>Updated</b> <b>HIIT</b> 5:30pm - 45 min Bridget		
<b>BodyPump®</b> 5:30pm - 45 min Julie					
<b>Cycle</b> 6:30pm - 45 min Julie					

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## Class Descriptions

**Aqua Tabata (2-3)** Taking one of the most effective types of interval training into the water! Tabata consists of 20 seconds of anaerobic exercise followed by 10 seconds of rest for 8 rounds. These 4 minutes are simple, yet intense circuits that will torch calories & build muscle!

**Aqua Cardio & Strength (1-3)** This class combines strength and cardio training in a fun, high-energy environment. Participants engage in resistance exercises that targets all major muscle groups, building strength while also boosting cardiovascular health.

**BodyCombat™ (2-3)** A high-energy, martial arts inspired workout. This non-contact workout requires no experience but teaches you moves from Karate, Taekwondo, boxing, Muay Thai, Capoeira & Kung Fu.

**BodyBalance™ (2-3)** This class features a scientifically backed combination of simple yoga moves, with some elements of Tai Chi & Pilates. The moves are carefully curated to strengthen your entire body & increase flexibility, and it's all set to the perfect music to unwind to — so it's easy to forget that you're challenging your body & changing it for the better.

**BodyPump™ (2-3)** 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. Instructors coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation & great music.

**Boot Camp (2-3)** We want to keep you guessing & challenge you differently in each class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility & endurance! Boot Camp works you head to toe so you'll be ready for anything life brings!

**Chair Yoga (1-3)** A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

**Circuit Strength (2-3)** Class includes a variety of functional movements using a variety of tools including weights, TRX, kettlebells and medicine balls. Some movements that will be incorporated into the class include squats, overhead press, kettlebell swings, deadlifts and more.

**Core Fusion Yoga (1-3)** Strengthen your core, increase flexibility, and find your inner peace. This dynamic class blends yoga postures with core-strengthening exercises to sculpt your body and calm your mind.

**Deep Warm Water Stretch (1-2)** This deep-water, warm 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.

**HIIT (1-3)** High-Intensity Interval Training (HIIT) is a dynamic workout that combines short bursts of intense exercise with brief recovery periods.

**Fit For Life (1-2)** Improve muscular strength, range of motion & activities of daily living using weights, elastic tubing, balls & more! A chair is used for seated exercises & for extra support while standing. Class can be adapted to all fitness levels & abilities.

**Low Impact Cardio Drumming (1-3)** Cardio drumming uses hand eye coordination and fun movements to work the whole body. Low impact is a slowed down version that enables participants to learn the moves while having fun! This class uses a stability ball, drum sticks and fun music to get your heart pumping!

**Pilates (1-3)** Learn and understand the concepts of core strength and stabilization along with Pilates mind/body based movement. Pilates teaches the awareness of breath and alignment of spine.

**Rip N Ride (2-3)** Don't miss this 2-in-1, power packed workout! Experience a combination of strength & cardio training by combining weight bearing/resistance exercises & cycling workouts.

**Warm Water Flow (1-2)** 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® (1-2)** The newest aqua exercise workout that provides a low impact, high-energy challenge for cardiovascular workout tones and tapers the entire body.

**Yoga Pilates Fusion (1-3)** A fusion of Yoga and Pilates. This class combines the Yoga focus of enhanced mind, body awareness, strength, flexibility, and balance as well as Pilates core work to create a strong, stable foundation for movement.

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### Class Levels

**1 (beginner)** Perfect for novice exercisers! If you are currently somewhat active in your daily life but do not accumulate 30 minutes of physical activity most days of the week, beginner classes are perfect for you.

**2 (moderate)** A moderately active person who does exercise but currently gets less than the recommended 2.5 hours per week of moderate exercise such as walking or riding a bike on a level surface.

**3 (advanced)** For the experienced exerciser who works out vigorously for at least 1.25 hours each week doing activities such as jogging, high intensity aerobics & biking hills.