



**BEACON**  
Health & Fitness

# Member Pools

## KALAMAZOO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Water Ex 7:05- 7:45am Rose Ann		Water Ex 7:05 - 7:45am Rose Ann			
Water Ex 8:15 - 8:55am Madi		Water Ex 8:15 - 8:55am Chris		Water Ex 8:15 - 8:55am Rose Ann		
Ai Chi 9:05 - 9:45am Kathie	Deep Water Ex 9:05 - 9:45am Deb N.		Deep Water Ex 9:05 -9:45am Julie/Independent	Ai Chi 9:05 -9:45am Kathie	Swim Lessons 9:00am - 12:00pm	
Joints in Motion 10:05 - 10:45am Debbie	Joints in Motion 10:05 - 10:45am Deb N.	Joints in Motion 10:05 - 10:45am Madi	Joints in Motion 10:05 -10:45am Julie	Aqua Yoga 10:05 - 10:45am Kathie	Swim Lessons 8:00 - 11:00am	
H2O Pi-Yo 10:05 - 10:45am Kathie	Water Ex 11:05 -11:45am Shawn	Aqua Zumba 10:05 -10:45am Aj	Water Ex 11:05 -11:45am Shawn	Aqua Zumba 10-10:45am Aj		
Stretch & Tone 12:05 -12:45pm Debbie	Stretch & Tone 12:05 -12:45pm Shawn	Stretch & Tone 12:05 -12:45pm Madi	Stretch & Tone 12:05 -12:45pm Madi	Stretch & Tone 12:05 -12:45pm Shawn	Friends & Family 2:00 - 5:45pm	Friends & Family 1:00 - 3:00pm
Swim Lessons 4:30 - 7:00pm <i>Registration Required</i>	Swim Lessons 4:30 - 7:00pm <i>Registration Required</i>	Swim Lessons 4:30 - 7:00pm <i>Registration Required</i>	Swim Lessons 4:30 -7:00pm <i>Registration Required</i>	<b>Ryan Intermediate</b> 1-3pm <i>Sept. 5 - May 1</i>		
Swim Lessons 4:30 - 7:00pm <i>Registration Required</i>	Swim Lessons 4:30 - 7:00pm <i>Registration Required</i>	Swim Lessons 4:30 - 7:00pm <i>Registration Required</i>	Swim Lessons 4:30 -7:00pm <i>Registration Required</i>	Swim Lessons 4:30 -7:00pm <i>Registration Required</i>		
	Stretch & Tone 6:30 - 7:15pm Madi		Stretch & Tone 6:30 - 7:15pm Jenn	Friends & Family 7:00 -9:15pm		
	Adult Beginner/ Intermediate 7:25 - 8:15pm <i>Registration Required</i>					

### Class Location

- Warm Pool
- Lap Pool
- Spine Pool

Warm Pool and Lap Pool are open for swim outside of class times.

The deep end of the warm water pool will be available for members to use during classes. A minimum of two lap lanes will remain available for reservations during lap pool classes.



Elkhart | Granger | Three Rivers | Kalamazoo  
[BeaconHealthAndFitness.org](http://BeaconHealthAndFitness.org)

Adult Swim Beginner \$ | Learn to swim or improve on your basic water skills.

Work with a swim coach to build confidence in and around the water. All participants must register and pay for this class.

Adult Swim Intermediate \$ | Looking to improve your swimming skills and can already swim a length of the pool unassisted? Join this group training with a swim coach to learn how to be more efficient in the water and get more from your swimming workouts. All participants must register and pay for this class.

Ai Chi | Slow repetitive movement in the warm water will help with balance and stretch the body and soothe the mind.

Aqua Yoga | Gentle stretches improve flexibility, balance and strength. No previous yoga experience necessary for this relaxing but energizing class.

Aqua Zumba | It's a party in the pool! Combining international dance music and movements with aqua fitness principles creates this safe and challenging workout.

Deep Water Exercise | If you need a cardiovascular workout with no impact, try exercising in the deep water. This self-paced, non-swimming routine adjusts to any fitness level.

Exercise for Everybody | The warm water pool provides an inviting environment for this medium paced aerobics class. Components of strength training, flexibility and balance work add variety to keep you coming back for more

H2O Pi-Yo | A hybrid of Aqua Yoga and Pilates. Improve flexibility & balance with additional focus on strengthening the core & body.

Joints in Motion | Enjoy the soothing warm water pool in this special class designed for individuals with joint disease. Short aerobic component helps you stay moving.

Open Deep/Shallow Water Exercise | Dedicated lane space for those that would like to perform a self-guided workout without an instructor.

Prenatal Water Exercise \$ | This class will reward you with incredible wellness benefits for you and your baby. Safe exercise, low-impact during pregnancy increases flexibility, improves recovery after childbirth, and improves emotional well being. All participants must register and pay for this class.

Stretch & Tone | Improve strength and flexibility in this fun class in the warm water. A short aerobic portion will get the body moving and ready for developing strength, balance and flexibility.

Water Exercise | Get a complete workout without leaving the pool! A balance of cardio, strength, and stretching for all fitness levels