








Classes

Elkhart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 5:15 a.m. - 45min Kristen	Strength 5:15 a.m. - 45min Kristen S.	Cycling 5:15 a.m. - 45min Kristen	Strength 5:15 a.m. - 45min Kristen S.	Cycling 5:15 a.m. - 45min Kristen	Bootcamp 7:15 a.m. - 45min Erin
NEW TRX Yoga 8 a.m. - 45min Claire	Sunrise Yoga 6 a.m. - 45min Jill		Sunrise Yoga 6 a.m. - 45min Jill		Yoga 8 a.m. - 45min Instructor Varies
Senior Pep Fitness 8:15 a.m. - 45min Cara	Cycling 6:30 a.m. - 45min Haley	Senior Pep Fitness 8:15 a.m. - 45min Cara	Cycling 6:30 a.m. - 45min Haley		WATERinMOTION® 8:15 a.m. - 45min Kristen
WATERinMOTION® 9 a.m. - 45min Cara	Cardio Drumming 8 a.m. - 45min Madeline	WATERinMOTION® 9 a.m. - 45min Cara	WATERinMOTION® Strength 9 a.m. - 45min Kristen	WATERinMOTION® 9 a.m. - 45min Cara	Strength 8:15 a.m. - 45min Erin
Cycling 9 a.m. - 45min Maria	WATERinMOTION® Strength 9 a.m. - 45min Kristen	Cycling 9 a.m. - 45min Stacy	Strength 9 a.m. - 45min Mallory	Cycling 9 a.m. - 45min Stacy	Cycling 9 a.m. - 45min Instructor Varies
Stretch & Balance 10 a.m. - 45min Theresa	Strength 9 a.m. - 45min Mallory	Stretch & Balance 10 a.m. - 45min Theresa		Mat Pilates 9 a.m. - 45min Madeline	Yoga* 9 a.m. - 45min Instructor Varies
Silver Strength 11 a.m. - 45min Cara	Mat Pilates 9 a.m. - 45min Madeline	Chair Stretch 11 a.m. - 45min Theresa	Deep Aqua 10 a.m. - 45min Andy	NEW Low-Impact Cardio Drumming* 10 a.m. - 45min Madeline	Location of Class  Pool  Cycling Studio  Group Fitness  Yoga/Pilates  Commons Gym
Yoga Noon - 45min Jessica	Deep Aqua 10 a.m. - 45min Andy	Silver Strength 11 a.m. - 45min Cara		Silver Strength 11 a.m. - 45min Cara	
Zumba 5:30 p.m. - 45min Michelle	NEW Strong Cycle 10 a.m. - 45min Lindsay	WATERinMOTION® Strength 5 p.m. - 45min Kristen	HIIT Bootcamp 5 p.m. - 60min Erin	Yoga 11 a.m. - 60min Theresa	
Power Hour 5:30 p.m. - 60min Erin	Cardio Dance 5 p.m. - 45min Michelle	Power Hour 5:30 p.m. - 60min Erin	WATERinMOTION® 5:30 p.m. - 45min Kristen		
Deep Stretch 5:30 p.m. - 45min Jill	WATERinMOTION® 5:30 p.m. - 45min Kristen		Yoga* 5:30 p.m. - 45min Jill		
	Yoga* 5:30 p.m. - 45min Jill				
	Strength 6 p.m. - 45min Missey				

*Yoga & Low-Impact Cardio Drumming are Commons class offerings. Members are welcome to join, subject to cancellation when Commons is closed for events.



Effective 1.5.2026



Elkhart | Granger | Three Rivers | Kalamazoo
beaconhealthandfitness.org
mpawling@beaconhealthsystem.org



Classes

Elkhart

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, drumsticks and fun music to get your heart pumping.

Chair Stretch

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

Cycling

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.

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.

HIIT Bootcamp

In this class you'll experience a combination of short bursts of intense exercises. Options for all moves are provided. You'll burn calories, improve your cardiovascular health, and work your way to a leaner, stronger body!

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.

Power Hour

Our Instructor will take you through a Spin and Strength with

free weights hybrid class!

Senior Pep Fitness

Get energized and improve endurance, flexibility and strength. This fitness class helps seniors stay active and live healthier lives. 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.

Stretch/Balance

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

Strong Cycle

A resistance and endurance based ride, focusing on incline work and longer runs.

WATERinMOTION®

The newest aqua exercise workout that provides a low impact, high-energy challenge. This cardio workout helps to tone 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.
- **TRX Yoga** - A flowing TRX Yoga class that blends mindful Yoga movements with supportive strength of suspension training. In this class you will pair breath with each movement using the TRX to enhance your balance, deepen flexibility, and build stability.

Zumba

Pump the jams and get moving in this fun, energetic class to get the heart pumping - you won't even know it's exercise.