



Classes

Granger

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|---|
| Spin City 5:15 a.m. - 45min Danielle | HIIT 5:15 a.m. - 30min Danielle | Spin City 5:15 a.m. - 45 min Audrey | Rhythm Revolution 5:15 a.m. - 45min Dan | Flexibility/ Balance & Stretch 5:45 a.m. - 45min Danielle | BodyPump 7:15 a.m. - 45min Kim | Barre 10:30 a.m. - 45min Shelley |
| Flexibility/ Balance & Stretch 6:15 a.m. - 30min Danielle | Power Core 5:50 a.m. - 45min Danielle | Bootcamp 6 a.m. - 45 mins Danielle | Strength 6 a.m. - 45min Sally | Cardio Dance Zumba Style 8 a.m. - 45min Kimmi | HIIT the Bike 7:30 a.m. - 45 min Dan/Krista | Yoga for the Mind 11:30 a.m. - 45min Shelley |
| Pyramid H2O 8 a.m. - 45min Judy | Barre PILOXING® Style 7 a.m. - 45min Cindy | Warm Water Strength & Balance 8 a.m. - 45min Lisa | Silver Strength 8 a.m. - 45min Karin D | Chair Yoga 8 a.m. - 45min Josie | Sunrise Yoga 8 a.m. - 60min Chelly | Intro to Rowing 12 p.m. - 45min Krista <i>First Sunday of the Month</i> |
| Silver Strength 8 a.m. - 45min Karin D | Silver Strength 8 a.m. - 45min Karin D | Silver Strength 8 a.m. - 45min Lydia | PILOXING® 8 a.m. - 45min Cindy | Barre 9 a.m. - 45min Stacy | WATERinMOTION® 8:30 a.m. - 60min Caroline | |
| Yoga 9 a.m. - 45min Josie | PILOXING® 8 a.m. - 45min Cindy | Yoga/Pilates Fusion 9 a.m. - 45min Colleen | Silver Strength 9 a.m. - 45min Karin D | WATERinMOTION® 9 a.m. - 60min Judy | Strength 8:30 a.m. - 45 min Cindy/Mia | |
| Pyramid H2O 9 a.m. - 45min Judy | Silver Strength 9 a.m. - 45min Karin D | Pyramid H2O 9 a.m. - 45min Judy | WATERinMOTION® 9 a.m. - 60min Staff | BodyPump 9 a.m. - 60min Aliesa | Yoga Foundations 9:15 a.m. - 60min Chelly | |
| Strength 9 a.m. - 45min Linda | WATERinMOTION® 9 a.m. - 60min Staff | Strength 9 a.m. - 45min Staff | Power Core 9 a.m. - 45min Linda | Yoga 10 a.m. - 45min Josie | Cardio Dance/ Piloxing 9:30 a.m. - 45min Jess/Cindy | |
| Stretch/Mobility 10 a.m. - 45min Linda | Power Core 9 a.m. - 45min Linda | Pilates with Props 10 a.m. - 45min Kayla | Spin City 9 a.m. - 45min Bobbie | Cardio Drumming 10:15 a.m. - 45min Jess | Silver Strength 10:30 a.m. - 45min Karin D | |
| BodyPump + Core 11 a.m. - 75min Aliesa | Spin City 9 a.m. - 45min Bobbie | BodyPump + Core 11 a.m. - 75min Linda | Barre 10 a.m. - 45min Bobbie | Pilates 11 a.m. - 45min Jonell | Power Pilates 10:30 a.m. - 45min Hayley | |
| Joy of Movement 11 a.m. - 45min Karin D | HIIT the Barre 10 a.m. - 45min Bobbie | HIIT the Bike 12:15 p.m. - 45min Mandy | Strength & Balance 10 a.m. - 45min Del | Strength 11:15 a.m. - 45min Mandy | | |
| Cardio Dance 4 p.m. - 45min Jess | Strength & Balance 10 a.m. - 45min Del | Cardio Dance 4 p.m. - 45min Jess | WATERinMOTION® Strength 10:15 a.m. - 45min Staff | HIIT the Bike 12:15 p.m. - 45min Mandy | | |
| Barre 5:15 p.m. - 45min Kimmi | WATERinMOTION® Strength 10:15 a.m. - 45min Staff | Pilates 5:15 p.m. - 45min Hayley | Cardio Drumming 11 a.m. - 45min Judy | Tai Chi & Qi Gong for Active Recovery 12:30 p.m. - 60min Swan | | |
| Spin City 5:30 p.m. - 45min Lynda | Tai Chi 11 a.m. - 60min Swan | HIIT the Bike + Core 5:30 p.m. - 60min Mia | Stretch & Mobility 12 p.m. - 45min Linda | | | |
| BodyPump 5:45 p.m. - 60min Mandy | Slow Flow Yoga 12 p.m. - 60min Jessica | BodyPump 5:45 p.m. - 40min Aliesa | Yoga 12 p.m. - 45min Jessica | | | |
| WATERinMOTION® Strength 5:45 p.m. - 45min Karen | Low Impact Cardio Drumming 12:15 p.m. - 45min Teresa | Aqua Cardio + Strength 5:45 p.m. - 45min Caroline | BodyPump 5:30 p.m. - 45min Michelle | | | |
| Yoga 6:30 p.m. - 45min Kerry | Chair Yoga 1:15 p.m. - 45min Jessica | Low Impact Cardio Dance Zumba Style 6:30 p.m. - 45min Kimmi | Yoga 5:30 p.m. - 45min Shelley | | | |
| | BodyPump 5:30 p.m. - 45min Karen | | Cardio Dance 6:30 p.m. - 45min Tory | | | |
| | Yoga 5:30 p.m. - 60min Chelly | | | | | |
| | Cardio Dance 6:30 p.m. - 45min Natalie | | | | | |

Class Location

- ☐ Lap Pool
- ☐ Therapy Pool
- ☐ Cycling
- ☐ Sports Performance
- ☐ Group Fitness
- ☐ Yoga/Pilates



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



Class Descriptions

Classes Granger

Aqua Cardio + Strength | This class combines strength and cardio training in a fun, high-energy environment. Participants engage in resistance exercises that target all major muscle groups, building strength while boosting cardiovascular health.

Barre | A full-body workout with a focus on endurance & balance using a fusion of yoga, pilates, strength training & Ballet.

Barre PLOXING® Style | Ballet inspired Pilates & boxing, along with the use of the Ballet barre for support & resistance.

Bootcamp | Boot your way back into shape! Challenge your strength, cardio, balance & flexibility with a variety of exercises.

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.

- **Low Impact Cardio Drumming** - This class is for those who are new to Cardio Drumming. A slowed down version that enables participants to learn the moves while having fun!

Cardio Endurance | Get fast and strong using non-contact exercises to fuel cardio fitness and train the whole body.

Flexibility/Balance + Stretch | Recover & lengthen muscles with a gentle stretch class that focuses on flexibility, balance, stabilization and core. These exercises enhance muscles elasticity and balance while improving range of motion and posture.

HIIT | Strength, Athletic and Cardio, 30-minute workouts designed to get you real results, fast.

HIIT The Barre | Focus on both cardiovascular and muscular endurance through high-intensity interval training using low-to-no impact movements.

Intro to Rowing | "If you have never used a rowing machine, or never learned proper rowing form and function, now is the time! Rowing is a fantastic cardiovascular and full-body strength training workout. It uses over 85% of the body's muscles, is no-impact, and great for all ages and fitness levels. Class begins with an introduction to "The Erg" and how to use it properly. Next, we'll learn how to row using three simple moves and try a short rowing workout.

Joy of Movement | Easy to learn line dancing that will improve your balance and coordination, while having fun. In this class, you will learn all the basic line dances from a variety of music styles.

Les Mills BODYPUMP™ | THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned & fit – fast. Using light to moderate weights with lots of repetition, to give you a total body workout.

Les Mills Core | Build strength, stability and endurance in the muscles supporting your core, improve balance & prevent injury.

Low Impact Cardio Dance Zumba Style | This class is made for those who are new to cardio dance. A slowed down version that enables participants to learn the moves while having fun!

Pilates | Based on the teachings of Joseph Pilates, learn the mat exercises to develop better posture and improve torso strength.

PILOXING® | A non-stop interval fusion of Pilates, boxing and dance, that will push you to your limits. Feel and let loose with fun and funky dance moves.

Power Core | A class designed to focus on your foundation - the core. Create stability from the middle of your body, which is the basis of all movement, then layers on mobility, strength and power.

Power Pilates | You'll learn Pilate's principles: core, balance, strength & control along with using some props.

Pyramid H20 | Interval training - aqua style.

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.

Slow Flow Pyramid | 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.

Spin City | 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.

- **HIIT the Bike** | A 45 min high-intensity interval training cycling class, consisting of short burst of speed, power, and intense anaerobic exercise with brief periods of recovery, for maximum cardio conditioning, fat loss, and lean muscle growth. This class is a high-energy class that will get you results fast.
- **Rhythm Revolution** | Get ready to ride the rhythm! This class is a high-energy spin class that takes you on a journey through the best pop hits of the '80s, '90s, and today. Designed to match the tempo and feel of each song, this class blends heart-pumping cardio with the nostalgic beats you love. Whether you are looking to push your limits or just have fun, every ride is a dance party on wheels!

Strength | Use weights, bands, stability balls, body bars and the BOSU to work all the muscle groups of the body.

Strength & Balance | Same as Strength class (above) with a focus on adding balance to movements.

Stretch & Mobility | Utilize gentle stretching along with range of motion exercises to improve flexibility & mobility

Tai Chi | An ancient Chinese tradition that involves a series of movements performed in a slow, focused manner accompanied by deep breathing. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection.

Tai Chi Qi Gong For Active Recovery | After a hard week of work & working out, engage in active recovery to maximize restoration within your body & mind over the weekend

WATERinMOTION® | Aqua exercise workout that provides a low-impact, high-energy challenge for cardiovascular workout tones and tapers the entire body.

WATERinMOTION® Strength | Take advantage of the aqua environment to build muscular endurance, power & overall tone in a workout using aqua dumbbells. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while improving flexibility and power.

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

- **Chair Yoga** - Gentle practice in which postures are preformed while seated and/or with the aid of a chair.
- **Power Yoga** - Focus on moving your body in sync with your breath. Using fluid and smooth movements of Vinyasa yoga. You are learning to use the power within you to use yoga as your guide to align your mind, body and spirit.
- **Slow Flow Yoga** - Experience a blend of deep restorative stretching balanced with a strength building flow to build heat in the body. Each class is designed to warm the muscles to allow for deeper stretches, increase mobility, and ease tension.
- **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.
- **Yoga Foundations** - Whether you are brand new to yoga or an experienced yogi who prefers slower sequences, this class is for you. Poses and sequences will be broken down more to encourage safety in practice and mindful movement.
- **Yoga Fusion** - Yoga with Pilates Influence using props to enhance the experience
- **Yoga for the Mind** - Focuses on linking breath with movement to attain balance in the mind and body. Poses and sequences will encourage relaxation and stress relief.