








# Classes

## Kalamazoo

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>S.T./KB Fusion</b> 5:45am - 45min Nikki		<b>Cycle</b> 5:45am - 60min Janet		<b>TBC</b> 5:45am - 45min Nikki		
	<b>Guts &amp; Butts</b> 5:45am - 45min Nikki					
	<b>XPRESS Factor*</b> 6am - 30min Aaron		<b>XPRESS Factor*</b> 6am - 30min Madi	<b>LES MILLS SPRINT*</b> 6:45am - 30min Kim G		
<b>BODYPUMP</b> 7am - 60min Rita	<b>LES MILLS SPRINT*</b> 7am - 30min Amanda	<b>TBC Circuit</b> 7am - 45min Madi		<b>BODYPUMP</b> 7am - 60min Rotation	<b>TBC</b> 8:15am - 45min Nikki	
<b>LES MILLS CORE</b> 8:15am - 30min Rita	<b>Barre Fitness</b> 8am - 45min Valarie	<b>Vinyasa Yoga</b> 8am - 45min Marin	<b>Mat Pilates</b> 8am - 45min Valarie			
<b>Step Aerobics</b> 9am - 45min Gwen/Becky		<b>Step Aerobics</b> 9am - 45min Gwen/Becky		<b>Beginner Yoga</b> 9am - 60min Alla	<b>LES MILLS SPRINT</b> 8:30am - 30min Chris A	
<b>Cycle*</b> 9am - 45min Max	<b>TBC Circuit</b> 9:15am - 45min Linda	<b>RPM*</b> 9am - 45min Linda	<b>Zumba</b> 9am - 45min AJ	<b>Cycle*</b> 9am - 45min Max	<b>Vinyasa Yoga</b> 9:15am - 75min Cathy	<b>Cycle*</b> 9:15am - 45min Janet
				<b>Cardio Drumming</b> 9am - 45min AJ		
<b>Mobility Flow</b> 10am - 45min Amanda	<b>S.T./KB Fusion*</b> 10:15am - 45min Linda	<b>Chair Yoga</b> 10am - 45min Marin	<b>Suspension Training*</b> 10am - 45min Chris B.	<b>Mobility Flow</b> 10am - 45min Amanda		<b>BODYPUMP</b> 10:30am - 60min Tamara
<b>TBC</b> 10am - 45min Jordan	<b>Vinyasa Yoga</b> 10:15am - 75min Cathy	<b>BODYPUMP</b> 10am - 60min Linda	<b>Fit for Life</b> 10am - 45min Madi	<b>TBC</b> 10am - 45min Jordan		
<b>Practical Exercise</b> 11:15am - 45min Shawn		<b>Practical Exercise</b> 11:15am - 45min Chris B.		<b>BODYPUMP</b> 11am - 60min Madi		
<b>Dance Fitness</b> 5pm - 45min Kelly				<b>Practical Exercise</b> 11:15am - 45min Chris B		
	<b>XPRESS Factor*</b> 5:30pm - 30min Isaac	<b>R.I.P.P.E.D</b> 6pm - 45min Nikki	<b>XPRESS Factor*</b> 5:30pm - 30min Nick			
<b>Vinyasa Yoga</b> 6pm - 60min Marin						
<b>TBC</b> 6pm - 45min Nikki						

### Class Location:

-  Aerobics Studio
-  Cycle Studio
-  Gym
-  Fitness Studio
-  Mobility Studio



  
**BEACON**  
Health & Fitness

Classes are subject to change based on attendance and instructor availability. For the most up to date schedule, please check our free app, or online at [fitness.beaconhealthsystem.org](https://fitness.beaconhealthsystem.org)

\*Cycle, RPM, LM SPRINT, S.T./KB Fusion, XPRESS Factor, & Suspension Training require sign-up as space is limited. Reserve your space at [bhfc.clubautomation.com](https://bhfc.clubautomation.com).

Effective 1/5/2026

Elkhart | Granger | Three Rivers | Kalamazoo  
[BeaconHealthAndFitness.org](https://BeaconHealthAndFitness.org)  
[MRBarry@beaconhealthsystem.org](mailto:MRBarry@beaconhealthsystem.org)



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**Barre Fitness** | A ballet inspired workout that requires NO dance experience. Using a variety of ballet, yoga & Pilates inspired movements, you'll gain strength, improve your balance & flexibility.

**BodyBalance** | Les Mills' signature mindbody class that combines controlled breathing, concentration & a carefully structured series of stretches, moves & poses with roots in Yoga, Pilates & Tai Chi to create a holistic workout that brings your body into a state of harmony and balance.

**BodyPump** | Les Mills' barbell workout for anyone looking to get lean, toned & fit. Using light to moderate weights with lots of repetition, BODYPUMP targets all the major muscle groups with scientifically proven moves and techniques.

**Cardio Drumming** | Moves to simple rhythms as you use the stability ball & weighted drumsticks for your own cardio jam session. The workout uses a variety of music & choreography to get your heart rate up & have fun while you exercise!

**Fit For Life** | A gentle, low-impact exercise class that includes both a cardio and strength component, as well as balance and flexibility work.

**Guts & Butts** | Focus on toning the abdominals, glutes, and improving our core stability! Using a variety of equipment and body weight, this class will help you build long lean muscles.

**Kettlebell** | A strength focused class using Kettlebells.

**Kickboxing** | A high intensity cardio workout! This class will include a variety of non-contact kicks, punches, and other movements to elevate your heart rate and improve agility. With elements of martial arts, this class can also improve coordination and balance.

**Les Mills Core** | Les Mills' signature 30- minute core-focused class ideal for tightening your abdominal & glute muscles, strengthening low back & hips, as well as improving functional strength.

**Les Mills Sprint** | 30-minute HIIT workout, using an indoor bike to achieve fast results & drive your body to burn calories long after you've stopped exercising. The motivation comes from pushing your limits.

**Les Mills Tone** | 3 in 1 training style - a mix of cardio, resistance, and core while playing different training concepts to ensure everyone gets the best results from their workouts. Safe for all fitness levels.

**Mat Pilates** | stretch & strengthen your entire body, primarily focusing on the muscles of the core, the Powerhouse of the body. Pilates uses techniques from dance & yoga to create a low-impact workout perfect for all levels of fitness.

**MethiIT** | A class focused on high intensity intervals of work with short rest periods.

**Mobility Flow** | All about dedicating time to care for your body & soft tissue to promote better movement & improved functional range of motion. This class will use yoga postures, props (foam rollers & tennis balls) & body weight movements to get you moving better for fitness or athletic performance & for everyday life.

**Practical Exercise** | A combo seated and standing strength class that improves personal independence for activities of daily living such as walking, bending, carrying and more.

**R.I.P.E.D.** | One-Stop Body Shock! This class combines Resistance, Interval, Power, Plyometrics, Endurance, core and an on line Diet program to help everybody meet their ultimate fitness goals.

**RPM** | Les Mills' challenging non-impact cycling journey to push your cardiovascular fitness to the next level. Improve your strength with rolling hills & mountains & increase your power with attacks, sprints & races.

**S.T./Kettlebell (KB) Fusion** | integrate Suspension Training with kettlebell lifts, using exercises that are dynamic & powerful. This workout will help to increase your body's efficiency, increase core strength.

**Step Aerobics** | A high-energy workout with a variety of steps, patterns & choreography to increase your heart rate & train your cardiovascular system.

**Suspension Training** | A strength workout utilizing your own body weight for resistance. Using suspended straps, this workout will improve your strength, flexibility & balance while engaging your core muscles for stabilization.

**TBC/TBC Circuit** | Total Body Conditioning incorporates cardio conditioning & strength movements with minimal rest. The variety will keep your body guessing & take your fitness to the next level, no matter your starting point.

**XPRESS Factor** | A group training class designed to get you in & out quickly, hitting all the major muscle groups & training the cardiovascular system. This class is designed for the athlete in all of us.

### Yoga

- **Beginner Yoga** - A great class for those new to yoga or seniors. This class will be slow-paced with minimal flow between poses. It will incorporate relaxation & breathing techniques with stretches and basic poses.
- **Chair Yoga** - A combo seated/standing yoga class using a chair as a prop for both balance and support. This class allows you to modify your yoga practice based on and is suitable for those working with injuries, inflexibility, balance issues, or anyone looking for extra support.
- **Restorative Yoga** - A restful practice that is all about slowing down & opening your body through passive stretching. We hold poses for a longer duration & allow for deep relaxation that emphasizes the meditative aspect of yoga.
- **Vinyasa Yoga** - A dynamic and flowing style of yoga that links the conscious breath with mindful movement. Use the movements, postures & breath to help improve balance, flexibility & strength while creating a connection between the body & mind.

**Zumba** | A dynamic fusion of Latin & International music/dance rhythms with moves & combinations that are fun & easy to learn.