



Classes

Kalamazoo

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

Class Location:

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



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

*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.

Effective 1/5/2026

Elkhart | Granger | Three Rivers | Kalamazoo
BeaconHealthAndFitness.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.