

Classes Kalamazoo

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Suspension & Kettlebell* 5:45 a.m. - 45min Nikki	Guts & Butts 5:45 a.m. - 45min Nikki	MetHIIT 5:45 a.m. - 45min Nikki	BODYPUMP 5:45 a.m. - 45min Nikki	TBC 5:45 a.m. - 45min Nikki	R.I.P.P.E.D 8 a.m. - 60min Nikki	Cycle* 9:15 a.m. - 45min Janet
LES MILLS SPRINT* 6:45 a.m. - 30min Kim G	XPRESS Factor* 6 a.m. - 30min Aaron	TBC Circuit 7 a.m. - 45min Nikki	Barre Fitness 8 a.m. - 50min Rita	BODYPUMP 7 a.m. - 60min Amy	LES MILLS SPRINT 8:30 a.m. - 30min Chris A	BODYPUMP 10:15 a.m. - 60min Tamara
BODYPUMP 7 a.m. - 60min Rita	SPRINT* 7 a.m. - 30min Amanda	Vinyasa Yoga 8 a.m. - 45min Marin	Zumba 9 a.m. - 45min AJ	LM CORE 8:15 a.m. - 30min Amy	Vinyasa Yoga 9:30 a.m. - 75min Cathy	
LES MILLS CORE 8:15 a.m. - 30min Rita	Mat Pilates 8 a.m. - 60min Kenzie	Step Aerobics 9 a.m. - 45min Gwen/Becky	Fit for Life 10 a.m. - 45min Kenzie	Beginner Yoga 9 a.m. - 60min Alla		
Step Aerobics 9 a.m. - 45min Gwen/Becky	TBC Circuit 9:15 a.m. - 45min Linda	RPM* 9 a.m. - 45min Linda	Suspension Training* 10 a.m. - 45min Amanda	Cycle* 9 a.m. - 45min Max		
Cycle* 9 a.m. - 45min Max	Suspension & Kettlebell* 10:15 a.m. - 45min Linda	Chair Yoga 10am - 45min Marin		Cardio Drumming 9 a.m. - 45min AJ		
Mobility Flow 10 a.m. - 45min Amanda	Vinyasa Yoga 10:15 a.m. - 75min Cathy	BODYPUMP 10am - 60min Linda		Mobility Flow 10 a.m. - 45min Amanda		
Total Body Conditioning 10 a.m. - 45min Kenzie		Practical Exercise 11:15 a.m. - 45min Chris B.		Total Body Conditioning 10 a.m. - 45min Kenzie		
Practical Exercise 11:15am - 45min Shawn				BODYPUMP 11 a.m. - 60min Rotation		
				Practical Exercise 11:15 a.m. - 45min Chris B		
Suspension Training 5 p.m. - 45min Nikki	XPRESS Factor* 5:30 p.m. - 30min Isaac	BODYPUMP 5 p.m. - 45min Nikki	Mat Pilates 5:15 p.m. - 45min Andrea			
Total Body Conditioning 6 p.m. - 45min Nikki	BODYBALANCE 6 p.m. - 45min Amy	R.I.P.P.E.D 6 p.m. - 60min Nikki	XPRESS Factor* 5:30 p.m. - 30min Nick			
Vinyasa Yoga 6 p.m. - 60min Marin						

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 beaconhealthandfitness.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.



beaconhealthandfitness.org
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Kalamazoo

Class descriptions



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.

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.

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.