



BEACON
Health & Fitness

Classes

Granger

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Xcelerate30 5:15am - 30min Cycling Studio Abeni	GRIT™ 5:15am - 30min Group Fitness Studio Jessica G	Xcelerate 5:15am - 45 min Cycling Studio Jack	GRIT™ 5:15am - 30min Group Fitness Studio Jessica G	Xcelerate30 5:15am - 30min Cycling Studio Jessica G	Xcelerate 7:15am - 45 min Cycling Studio Brittany/Chelsea
Xcelerate30 6am - 30min Cycling Studio Abeni	Power Core 5:50am - 40min Group Fitness Studio Jessica G	NEW Bootcamp 6am - 45 mins Group Fitness Studio Lauren	Power Core 5:50am - 40min Group Fitness Studio Jessica G	Xcelerate30 6am - 30min Cycling Studio Jessica G	Sunrise Yoga 8am - 60min Yoga/Pilates Studio Chelly
Strength 9am - 45min Group Fitness Studio Kerri	PILOXING® 8am - 45min Group Fitness Studio Cindy	Strength 9am - 45min Group Fitness Studio Kerri	PILOXING® 8am - 45min Group Fitness Studio Cindy	Bootcamp 9am - 45min Group Fitness Studio Cindy	Xcelerate 8:15am - 45 min Cycling Studio Brittany/Chelsea
Pyramid H2O 9am - 45min Pool Halle	Power Core 9am - 45min Group Fitness Studio Kerri	Aqua Warm Water 9am - 45min Therapy Pool Mary Sue	Power Core 9am - 45min Group Fitness Studio Chelsea	WATERinMOTION® 9am - 60min Pool Deborah	WATERinMOTION® 8:30am - 60min Pool Judy
Stretch/Balance 10am - 45min Group Fitness Studio Kerri	NEW Xcelerate 9am - 45 min Cycling Studio Heather C	Stretch/Balance 10am - 45min Group Fitness Studio Kerri	NEW Xcelerate 9am - 45 min Cycling Studio Heather C	Pilates 10am - 45min Yoga/Pilates Studio Susan	NEW Strength 8:30am - 45 min Group Exercise Studio Halle
GRIT™ NOON - 30min Group Fitness Studio Kerri	WATERinMOTION® 9am - 60min Pool Lauren	GRIT™ Strength NOON - 30min Group Fitness Studio Kerri	WATERinMOTION® 9am - 60min Pool Lauren	Strength 11am - 45min Group Fitness Studio Kerri	Foundations Yoga 9:15am - 60min Yoga/Pilates Studio Chelly
Xcelerate 12:30pm - 45min Cycling Studio Kristen	Core Strength Yoga NOON - 60min Yoga/Pilates Studio Diane	Xcelerate 12:30pm - 45min Cycling Studio Jenny	Yoga NOON - 60min Yoga/Pilates Studio Josie	GRIT™ NOON - 30min Group Fitness Studio Kerri	<p>Type of Class</p> <ul style="list-style-type: none"> Pool Cycling Group Fitness Yoga/Pilates
Xcelerate 5:30pm - 45min Cycling Studio Lynda	Strength 5:30pm - 60min Group Fitness Studio Jessie	Xcelerate 5:30pm - 45min Cycling Studio Brittany	Strength 5:30pm - 60min Group Fitness Studio Halle	Xcelerate 12:30pm - 45min Cycling Studio Kristen	
GRIT™ 6pm - 30min Group Fitness Studio Lauren	Pilates 5:45pm - 45min Yoga/Pilates Studio Britt	Yoga/Strength Fusion 5:30pm - min Yoga/Pilates Studio Chelsea	Power Pilates 5:45pm - 45min Yoga/Pilates Studio Stacy		
Power Yoga 6:30pm - 60min Yoga/Pilates Studio Emily H		WATERinMOTION® 5:45pm - 60min Pool Judy			
		GRIT™ 6pm - 30min Group Fitness Studio Sally			
		Restorative Yoga 6:30pm - 60min Yoga/Pilates Studio Emily H			



Granger | South Bend
BeaconHealthAndFitness.org
EStukel@beaconhealthsystem.org



Class Descriptions

Aqua Warm Water

Get your heart rate pumping while building overall strength! Being in the water allows less stress on your joints while getting a great workout.

Bootcamp

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

Core Strength Yoga

Through mindful movement learn to activate the deep core muscles to realign and stabilize the spine while expanding your breath to create a healthy balance between body mind & heart.

GRIT™

The Les Mills GRIT™ Series features three – strength, plyometrics and cardio, 30-minute workouts designed to get you real results, fast.

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 yoga

A powerful, energetic form of yoga where students connecting their breathing to their movements. chaturanga, upward facing dog and downward facing dog.

Power Core

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

Pyramid H2O

High intensity interval training - aqua style.

Stretch

Gentle stretching from head to toe. Leave feeling refreshed and open.

Strength

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

Xcelerate

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.

WATERinMOTION®

The newest aqua exercise workout that provides a low impact, high-energy challenge for cardiovascular workout tones and tapers the entire body.

Yoga

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

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/Strength Fusion

Provides a unique mind/body experience featuring traditional yoga poses such as warrior and & strength.