



**BEACON**  
Health & Fitness

# Classes

## Granger

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Xcelerate30</b> 5:15am - 30min Cycling Studio Abeni	<b>GRIT™</b> 5:15am - 30min Group Fitness Studio Jessica G	<b>Xcelerate</b> 5:15am - 45 min Cycling Studio Danielle	<b>SEASONAL</b> <b>Xcelerate</b> 5:15am - 45 min Cycling Studio Nina	<b>Xcelerate30</b> 5:15am - 30min Cycling Studio Jessica G	<b>Xcelerate</b> 7:15am - 45 min Cycling Studio Brittany/Chelsea
<b>Xcelerate30</b> 6am - 30min Cycling Studio Abeni	<b>Power Core</b> 5:50am - 40min Group Fitness Studio Jessica G	<b>Bootcamp</b> 6am - 45 mins Group Fitness Studio Lauren	<b>GRIT™</b> 5:15am - 30min Group Fitness Studio Jessica G	<b>Xcelerate30</b> 6am - 30min Cycling Studio Jessica G	<b>Sunrise Yoga</b> 8am - 60min Yoga/Pilates Studio Chelly
<b>Strength</b> 9am - 45min Group Fitness Studio Kerri	<b>PILOXING®</b> 8am - 45min Group Fitness Studio Cindy	<b>Strength</b> 9am - 45min Group Fitness Studio Kerri	<b>Power Core</b> 5:50am - 40min Group Fitness Studio Jessica G	<b>Bootcamp</b> 9am - 45min Group Fitness Studio Cindy	<b>Xcelerate</b> 8:15am - 45 min Cycling Studio Brittany/Chelsea
<b>Pyramid H2O</b> 9am - 45min Pool Judy	<b>Power Core</b> 9am - 45min Group Fitness Studio Kerri	<b>Aqua Warm Water</b> 9am - 45min Therapy Pool Mary Sue	<b>PILOXING®</b> 8am - 45min Group Fitness Studio Cindy	<b>WATERinMOTION®</b> 9am - 60min Pool Deborah	<b>WATERinMOTION®</b> 8:30am - 60min Pool Judy
<b>Stretch/Balance</b> 10am - 45min Group Fitness Studio Kerri	<b>Xcelerate</b> 9am - 45 min Cycling Studio Heather C	<b>Stretch/Balance</b> 10am - 45min Group Fitness Studio Kerri	<b>Power Core</b> 9am - 45min Group Fitness Studio Chelsea	<b>Pilates</b> 10am - 45min Yoga/Pilates Studio Britt	<b>Strength</b> 8:30am - 45 min Group Fitness Studio Halle
<b>GRIT™</b> NOON - 30min Group Fitness Studio Kerri	<b>WATERinMOTION®</b> 9am - 60min Pool Jess	<b>GRIT™ Strength</b> NOON - 30min Group Fitness Studio Kerri	<b>Xcelerate</b> 9am - 45 min Cycling Studio Heather C	<b>Strength</b> 11am - 45min Group Fitness Studio Kerri	<b>Foundations Yoga</b> 9:15am - 60min Yoga/Pilates Studio Chelly
<b>Xcelerate</b> 12:30pm - 45min Cycling Studio Kristen	<b>Core Strength Yoga</b> NOON - 60min Yoga/Pilates Studio Diane	<b>Xcelerate</b> 12:30pm - 45min Cycling Studio Jenny	<b>WATERinMOTION®</b> 9am - 60min Pool Jess	<b>GRIT™</b> NOON - 30min Group Fitness Studio Kerri	<b>Type of Class</b> <span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> Pool <span style="display: inline-block; width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> Cycling <span style="display: inline-block; width: 15px; height: 15px; background-color: #D3D3D3; border: 1px solid black; margin-right: 5px;"></span> Group Fitness <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; margin-right: 5px;"></span> Yoga/Pilates <span style="display: inline-block; width: 15px; height: 15px; background-color: #FF0000; border: 1px solid black; margin-right: 5px;"></span> Season Ends May 30th
<b>Xcelerate</b> 5:30pm - 45min Cycling Studio Lynda	<b>Strength</b> 5:30pm - 60min Group Fitness Studio Jess	<b>Xcelerate</b> 5:30pm - 45min Cycling Studio Brittany	<b>Yoga</b> NOON - 60min Yoga/Pilates Studio Josie	<b>Xcelerate</b> 12:30pm - 45min Cycling Studio Kristen	
<b>GRIT™</b> 6pm - 30min Group Fitness Studio Lauren	<b>Pilates</b> 5:45pm - 45min Yoga/Pilates Studio Britt/Chelsea	<b>Yoga/Strength Fusion</b> 5:30pm - min Yoga/Pilates Studio Chelsea	<b>SEASONAL</b> <b>Xcelerate</b> 5:30pm - 45min Cycling Studio Lynda		
<b>Power Yoga</b> 6:30pm - 60min Yoga/Pilates Studio Emily H		<b>WATERinMOTION®</b> 5:45pm - 60min Pool Judy	<b>Strength</b> 5:30pm - 60min Group Fitness Studio Halle		
		<b>GRIT™</b> 6pm - 30min Group Fitness Studio Kerri	<b>Power Pilates</b> 5:45pm - 45min Yoga/Pilates Studio Stacy		
		<b>Restorative Yoga</b> 6:30pm - 60min Yoga/Pilates Studio Emily H			



**Elkhart | Granger | South Bend**  
 BeaconHealthAndFitness.org  
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## 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.