



BEACON
Health & Fitness

Classes

Elkhart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Power Core 5:15am - 40min Group Fitness Studio Kara	Xcelerate 5:15am - 45min Cycling studio Kristin	Power Core 5:15am - 45min Group Fitness Studio Jessica G	Xcelerate 5:15am - 45min Cycling studio Kristin	Power Core 5:15am - 40min Group Fitness Studio Kara	Xcelerate 7:15am - 45min Cycling studio Ashley
Strength 6:00am - 45min Group Fitness Studio Kara	Sunrise Yoga 6:00am - 45min Yoga/Pilates Studio Julianne	HIT 6:00am - 45min Group Fitness Studio Jessica G	Sunrise Yoga 6:00am - 45min Yoga/Pilates Studio Jenny	Strength 6:00am - 45min Group Fitness Studio Kara	Yoga 8:00am - 45min Yoga/Pilates Studio Angelica
Water in Motion 9:00am - 45min Pool Peggy	Beginning Strength 8:00am - 30min Group Fitness Studio Mallory	Water in Motion 9:00am - 45min Pool Peggy	Beginning Strength 8:00am - 30min Group Fitness Studio Mallory	Water in Motion 9:00am - 45min Pool Jess	HIT 8:00am - 45min Group Fitness Studio Maxi
Xcelerate 9:00am - 45min Cycling studio Mary	Pyramid H2O 9:00am - 45min Pool Dawn	Xcelerate 9:00am - 45min Cycling studio Mary	Warm Water Therapy 9:00am - 45min Therapy Pool Dawn	Xcelerate 9:00am - 45min Cycling studio Stacy	Strength 9:00am - 45min Group Fitness Studio Maxi
Cardio Dance 9:00am - 45min Group Fitness Studio Jess	Strength 9:00am - 45min Group Fitness Studio Mallory	Cardio Dance 9:00am - 45min Group Fitness Studio Jess	Strength 9:00am - 45min Group Fitness Studio Mallory	Beginning Strength 9:00am - 30min Group Fitness Studio Del/Necia	Pilates 9:00am - 45min Yoga/Pilates Studio Peggy
Stretch/Balance 10:00am - 45min Yoga/Pilates Studio Peggy	Pilates 10:00am - 45min Yoga/Pilates Studio Peggy	Stretch/Balance 10:00am - 45min Yoga/Pilates Studio Peggy	Pilates 10:00am - 45min Yoga/Pilates Studio Peggy	Power Core 10:00am - 45min Group Fitness Studio Del/McKenzie	Water in Motion 10:00am - 45min Pool Peggy
Yoga 11:00 am - 60min Yoga/Pilates Studio Josie	Xcelerate 30 12:00pm - 30min Cycling Studio Mary	Yoga 11:00am - 60min Yoga/Pilates Studio Josie	HIT 30 12:00pm - 30min Group Fitness Studio Lauren	Yoga 11:00am - 60min Yoga/Pilates Studio Jenny	Cardio Dance 10:00am - 45min Group Fitness Studio Jess
Strength 30 12:00pm - 30min Group Fitness Studio Maxi	HIT 30 12:30pm - 30min Group Fitness Studio Lauren	Strength 30 12:00pm - 30min Group Fitness Studio Jess	Xcelerate 30 12:30pm - 30min Cycling Studio Stacy	Strength 30 12:00pm - 30min Group Fitness Studio Jess	Type of Class <input type="checkbox"/> Pool <input type="checkbox"/> Cycling <input type="checkbox"/> Group Fitness <input type="checkbox"/> Yoga/Pilates
Xcelerate 30 12:30pm - 30min Cycling Studio Jess	Xcelerate 5:30 pm - 45min Cycling Studio Ashley	Xcelerate 30 12:30pm - 30min Cycling Studio Stacy	Xcelerate 5:30pm - 45min Cycling Studio Audrey	Xcelerate 30 12:30pm - 30min Cycling Studio Maxi	
HIT 30 5:30pm - 30min Group Fitness Studio Necia	Water in Motion 5:30pm - 45min Pool Peggy	HIT 30 5:30pm - 30min Group Fitness Studio Coley	Water in Motion 5:30pm - 45min Pool Peggy		
Strength 6:15pm - 45min Group Fitness Studio Necia	Power Core 6:00pm - 45min Group Fitness Studio McKenzie	Strength 6:15pm - 45min Group Fitness Studio Coley	Power Core 6:00pm - 45min Group Fitness Studio Ryan		
Yogalates 7:00pm - 45min Yoga/Pilates Studio Josie	Yoga 6:45pm - 60min Yoga/Pilates Studio Jenny		Yoga 6:45pm - 60min Yoga/Pilates Studio Jenny		



Elkhart | Granger | South Bend
BeaconHealthAndFitness.org
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Class Descriptions

Warm Water Therapy

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

HIT (High Intensity Training)

Boot your way back into shape with this high intensity workout! Challenge your strength and cardio with a variety of exercises.

Pilates

Based on the teachings of Joseph Pilates, learn the mat exercises to develop better posture and improve torso strength.

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/Balance

Gentle stretching from head to toe while working on your balance. 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.

Cardio Dance

This class covers all forms of dance and is designed to work your whole body without feeling like a workout.