



**BEACON**<sup>TM</sup>  
Health & Fitness

# Classes

**Elkhart**

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

**Type of Class**

- Pool
- Cycling
- Group Fitness
- Yoga/Pilates



**Elkhart | Granger | South Bend**  
BeaconHealthAndFitness.org  
LCuskaden@beaconhealthsystem.org



## 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.