



BEACON
Health & Fitness

Classes

South Bend

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WATERinMOTION® 9am - 60min Pool Deborah	Bootcamp 5:45am - 45min Group Fitness Studio Sally	Xcelerate 6am - 45 min Cycling Studio Mariah	Bootcamp/Strength 5:45am - 45min Group Fitness Studio Sally	NEW Bodypump™ 6am - 45min Group Fitness Studio Kayla	Xcelerate 8am - 45min Cycling Studio Mila
Pilates 10:15am - 45min Group Fitness Studio Bridget/Colleen	Strength 9am - 60min Group Fitness Studio Del	Power Core 6:30am - 30min Group Fitness Studio Sara M	Strength 9am - 60min Group Fitness Studio Del	Yoga 9am - 75min Group Fitness Studio Kim	NEW Cardio Core 8am - 30min Group Fitness Studio Jessica G/Colleen
Xcelerate NOON - 45min Cycling Studio Bridget	Pyramid H2O 9am - 55min Pool Andy	SEASONAL CitiWalk 9am - 60min Lobby Bridget	Pyramid H2O 9am - 55min Pool Andy	WATERinMOTION® 9am - 60min Pool Judy	NEW Bodypump™ 8:30am - 30min Group Fitness Studio Jessica/Colleen
PILOXING® 12:15pm - 45min Group Fitness Studio Cindy	Stretch 10:10am - 45min Group Fitness Studio Colleen	WATERinMOTION® 9am - 60min Pool Deborah	Stretch 10:10am - 45min Group Fitness Studio Kayla	Xcelerate NOON - 45min Cycling Studio Heather T	Pilates 9:15am - 45min Group Fitness Studio Colleen/Brittany F
Pilates 5:30pm - 45min Group Fitness Studio Bridget/Colleen	Aqua Warm Water 10:30am - 45min Therapy Pool Brenda	NEW Bodypump™ 11:15am - 45min Group Fitness Studio Jessica G	Yoga 11 am - 60min Group Fitness Studio Diane	NEW Cardio HIT 30 12:15pm - 30min Group Fitness Studio Jessica G	WATERinMOTION® 9:30am - 60min Pool Brenda
Bootcamp 5:30pm - 45 mins Gym Cindy	Yoga 11 am - 60min Group Fitness Studio Jamie	Xcelerate NOON - 45min Cycling Studio Krista	Xcelerate NOON - 45min Cycling Studio Jessica G		Yoga 10:15am - 75min Group Fitness Studio Lee
WATERinMOTION® 5:30pm - 60min Pool Brenda	Xcelerate NOON - 45min Cycling Studio Heather	Pilates 12:15pm - 45min Group Fitness Studio Emily/Lauren	NEW Bodypump™ 12:15pm - 30min Group Fitness Studio Colleen		
	NEW Bodypump™ 12:15pm - 30min Group Fitness Studio Kerri	Bootcamp 5:30pm - 45min Group Fitness Studio Cindy	NEW Bodypump™ 5:30pm - 30min Group Fitness Studio Heather T		
	NEW Bodypump™ 5:30pm - 30min Group Fitness Studio Jessica G		Xcelerate 5:30pm - 45min Cycling Studio Mila		
	Yoga 6:30pm - 75min Group Fitness Studio Lee				

Type of Class

- Pool
- Gym
- Cycling
- Lobby
- Group Fitness



Elkhart | Granger | South Bend

BeaconHealthAndFitness.org

LCuskaden@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.

Citiwalk

Citiwalk, a free program open to members and non-members alike, takes a 60-minute urban stroll every Wednesday morning. Meet in the lobby of BHF South Bend at 9am for a walk through downtown and enjoy a stop each week at a new and interesting place.

BODYPUMP™

THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories* *. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

HIT + Stretch

A quick 30-minute segment of High Intensity Training followed by an optional 15-minute stretch and cool down.

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 empowered with boxing, find balance in Pilates and let loose with fun and funky dance moves.

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.

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 participants of all ages, skill and fitness levels. This 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!