



**BEACON**  
Health & Fitness

# Classes

## South Bend

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Power Core</b> 6:30am - 30min Heather	<b>Bootcamp</b> 5:45am - 45min Sally	<b>Power Core</b> 6:30am - 30min Sara M	<b>Bootcamp/Strength</b> 5:45am - 45min Sally	<b>Yoga</b> 8:30am - 45min Jamie	<b>Xcelerate</b> 7:15am - 45min Mila/Mandy
<b>Bodypump™</b> 8am - 45min Linda	<b>Strength</b> 9am - 60min Halle	<b>WATERinMOTION®</b> 9am - 45min Deboarh	<b>Strength</b> 9am - 60min Halle	<b>WATERinMOTION®</b> 9am - 45min Judy	<b>Bodypump™</b> 8:00am - 60min Jessica/Jules
<b>WATERinMOTION®</b> 9am - 45min Deborah	<b>WATERinMOTION®</b> 9:30am - 45min McKenzie	<b>Sculpt &amp; Tone</b> 10am - 45min Jonell	<b>WATERinMOTION®</b> 9:30am - 45min McKenzie	<b>Bodypump™</b> 9:30am - 45min Kayla	<b>Pilates</b> 9:15am - 45min Emily/Colleen
<b>Xcelerate</b> NOON - 45min Krista	<b>Stretch</b> 10:15am - 45min Colleen	<b>Power Core</b> 11:15am - 45min Jessica G	<b>Stretch</b> 10:15am - 45min Kayla	<b>Xcelerate</b> NOON - 45min McKenzie	<b>Pyramid H2O</b> 9:30am - 45min Jessica W
<b>Power Core</b> NOON - 30min Jonell	<b>Yoga</b> 11:15am - 45min Jamie	<b>Xcelerate</b> NOON - 45min Krista	<b>Yoga</b> 11:15am - 45min Diane	<b>Sculpt &amp; Tone</b> 12:15pm - 45min Jessica G	<b>Yoga</b> 10:45am - 45min Jamie
<b>Pilates</b> 5:30pm - 45min Colleen	<b>Xcelerate</b> NOON - 30min Mandy	<b>Pilates</b> 12:15pm - 45min Emily	<b>Xcelerate</b> NOON - 45min Mandy	<p><b>Type of Class</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Group Fitness</li> <li><input type="checkbox"/> Cycling (Gym)</li> <li><input type="checkbox"/> Pool</li> <li><input type="checkbox"/> Gym</li> </ul>	
<b>Bootcamp</b> 5:30pm - 45 mins Cindy	<b>Bodypump™</b> 12:15pm - 30min Kerri	<b>Bootcamp</b> 5:30pm - 45min Cindy	<b>Bodypump™</b> 12:15pm - 30min Kayla/Colleen		
<b>WATERinMOTION®</b> 5:30pm - 45min KT	<b>Bodypump™</b> 5:30pm - 60min Jessica G		<b>Bodypump™</b> 5:30pm - 60min Jules		
	<b>Yoga</b> 6:45pm - 45min Jamie		<b>Xcelerate</b> 5:45pm - 45min Mia		



**Elkhart | Granger | South Bend**  
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## Class Descriptions

### **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.

### **Bootcamp**

Boot your way back into shape! Challenge your strength, cardio, balance and flexibility 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.

### **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.

### **Sculpt & Tone**

This class will sculpt you into shape quickly and effectively! Tone your arms, legs and get a rock-solid mid-section by utilizing free weights, resistance bands, physio balls, and your own body weight. \*ALL LEVELS

### **Strength**

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

### **Stretch**

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

### **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.

### **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.

### **Yoga**

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