

pure Pilates

GRANGER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer Intermediate 8:00am - 45min Del	Pilates Reformer 8:00am - 45min Del	Pilates Reformer Intermediate 8:00am - 45min Del	Pilates Reformer 8:00am - 45min Jenny	Pilates Jumpboard & Props 8:00am - 45min Heather	Pilates Reformer 8:15am - 45min Stacy/Jessie/Britt
Pilates Reformer 9:00am - 45min Heather	Pilates Reformer Intermediate 9:00am - 45min Stacy	Pilates Reformer 9:00am - 45min Jenny	Pilates Reformer Intermediate 9:00am - 45min Jenny	Pilates Reformer 9:00am - 45min Heather	Pilates Reformer 9:15am - 45min Stacy/Jessie/Britt
Pilates Jumpboard/Chair 10am - 45min Stacy		Pilates Reformer 10:00am - 45min Heather		Pilates Reformer 10:00am - 45min Jonell	
Pilates Reformer 1:00pm - 45min Jonell	Pilates Reformer NOON - 45min Jenny		Pilates Reformer 1:00pm - 45min Jessie	Pilates Reformer NOON - 45min Jonell	
Pilates Reformer 5:45pm - 45min Sara	Pilates Reformer 4:30pm - 45min Jonell	NEW Pilates Reformer/ Jumpboard 101 5:45pm - 45min Jessie	Pilates Reformer 5:45pm - 45min Sara M		
	Pilates Reformer 5:45pm - 45min Jonell				

Class Location

- Reformer Studio
- Yoga/Pilates Studio

To try a **FREE** class or for more information, email Del at Estukel@beaconhealthsystem.org



Elkhart | Granger | South Bend | Three Rivers
 BeaconHealthAndFitness.org
 Estukel@beaconhealthsystem.org