



# Pure Pilates

SOUTH BEND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PILOXING® Barre</b> 7am - 45min Cindy		<b>PILOXING® Barre</b> 7am - 45min Cindy		<b>Pilates Reformer</b> 6:30am - 45min Jonell	
<b>Pilates Reformer</b> 9am - 45min Jonell	<b>Pilates Reformer (Intermediate)</b> 8am - 45min Colleen	<b>Pilates Reformer</b> 9am - 45min Jonell	<b>Pilates Chair/Barre</b> 8am - 45min Victoria	<b>Pilates Reformer</b> 10am - 45min Emily	<b>Pilates Reformer</b> 8:15am - 45min Emily/Colleen
<b>Pilates Reformer</b> 12:15pm - 45min Emily	<b>Pilates Reformer</b> 12:15pm - 45min Emily	<b>Pilates Chair Fusion</b> 1:05pm - 45min Emily	<b>Pilates Reformer</b> 12:15pm - 45min Emily		
		<b>Pilates Reformer</b> 5:30pm - 45min Jonell			

## Class Location

- Reformer Studio
- Group Fitness Studio

To try a **FREE** class or for more information, email Jeff at [JSojka@beaconhealthsystem.org](mailto:JSojka@beaconhealthsystem.org)



Elkhart | Granger | South Bend | Three Rivers  
[BeaconHealthAndFitness.org](http://BeaconHealthAndFitness.org)