

# pure Pilates

GRANGER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pilates Reformer Intermediate</b> 8:00am - 45min Del	<b>Pilates Reformer</b> 8:00am - 45min Del	<b>Pilates Reformer Intermediate</b> 8:00am - 45min Del	<b>Pilates Reformer</b> 8:00am - 45min Jenny	<b>Pilates Jumpboard &amp; Props</b> 8:00am - 45min Heather	<b>Pilates Reformer</b> 8:15am - 45min Stacy/Heather
<b>Pilates Reformer</b> 9:00am - 45min Heather	<b>Pilates Reformer Intermediate</b> 9:00am - 45min Stacy	<b>Pilates Reformer</b> 9:00am - 45min Jenny	<b>Pilates Reformer Intermediate</b> 9:00am - 45min Jenny	<b>Pilates Reformer</b> 9:00am - 45min Heather	<b>Pilates Reformer</b> 9:15am - 45min Stacy/Heather
<b>Pilates Jumpboard/Chair</b> 10am - 45min Stacy		<b>Pilates Reformer</b> 10:00am - 45min Heather		<b>Pilates Reformer</b> 10:00am - 45min Jonell	
<b>Pilates Reformer</b> 1:00pm - 45min Jonell	<b>Pilates Reformer</b> NOON - 45min Jenny		<b>Pilates Reformer</b> 1:00pm - 45min Emily M	<b>Pilates Reformer</b> NOON - 45min Jonell	
	<b>Pilates Reformer</b> 4:30pm - 45min Jonell				
<b>Pilates Reformer</b> 5:45pm - 45min Sara	<b>Pilates Reformer</b> 5:45pm - 45min Jonell	<b>Pilates Reformer with Props</b> 5:45pm - 45min Sara <i>Starting Oct 26<sup>th</sup></i>	<b>Pilates Reformer</b> 5:45pm - 45min Sara M		

## Class Location

- Reformer Studio
- Yoga/Pilates Studio

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



Elkhart | Granger | South Bend | Three Rivers  
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