



pure Pilates

SOUTH BEND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PILOXING® Barre 7am - 45min Cindy		PILOXING® Barre 7am - 45min Cindy	Pilates Chair/ Barre 8am - 45min Victoria	Pilates Reformer 6:30am - 45min Jonell	Pilates Reformer 7:15am - 45min Emily/Colleen/ Victoria
Pilates Reformer 9am - 45min Jonell	Pilates Reformer (Intermediate) 8am - 45min Colleen	Pilates Reformer 9am - 45min Jonell	Pilates Reformer with Jump board & props 10am - 45min Colleen	Pilates Reformer 10am - 45min Emily	Pilates Reformer 8:15am - 45min Emily/Colleen
Pilates Reformer 12:15pm - 45min Colleen	Pilates Reformer 12:15pm - 45min Colleen		Pilates Reformer 12:15pm - 45min Victoria		
		Pilates Reformer 5:30pm - 45min Jonell			

Class Location

- Reformer Studio
- Group Fitness Studio

To try a **FREE** class or for more information, email our Fitness Team:
Fitness@beaconhealthsystem.org



Elkhart | Granger | South Bend | Three Rivers
BeaconHealthAndFitness.org