



Pure Pilates

GRANGER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer Intermediate 8:00am - 45min Del	Pilates Reformer 8:00am - 45min Del/Linda	Pilates Reformer Intermediate 8:00am - 45min Del	Pilates Reformer 8:00am - 45min Lori	Pilates Jumpboard & Props 8:00am - 45min Del/Staff	Pilates Reformer 8:15am - 45min Stacy/Jonell
Pilates Reformer 9:00am - 45min Stacy	Pilates Reformer Intermediate 9:00am - 45min Stacy	Pilates Reformer 9:00am - 45min Emily M	Pilates Reformer Intermediate 9:00am - 45min Jonell	Pilates Reformer 9:00am - 45min Del/Staff	Pilates Reformer 9:15am - 45min Stacy/Jonell
Foundations of Pilates Reformer 10am - 45min Del/Stacy	Pilates Reformer NOON - 45min Emily M	Pilates Reformer 10:00am - 45min Del	Pilates Reformer 1:00pm - 45min Emily M	Pilates Reformer 10:00am - 45min Jonell	
Pilates Reformer 1:00pm - 45min Jonell	Pilates Reformer 4:30pm - 45min Jonell	Pilates Reformer 12:15pm - 45min Emily M	Pilates Reformer 5:45pm - 45min Sara	Foundations of Pilates Reformer NOON - 45min Jonell	
Pilates Reformer 5:45pm - 45min Sara	Pilates Reformer 5:45pm - 45min Jonell	Pilates Reformer with Props 5:45pm - 45min Sara			

Class Location

- Reformer Studio
- Yoga/Pilates Studio

Coming in April!

We're getting more reformers, classes will increase to 10 spots!

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