



pure Pilates

SOUTH BEND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PILOXING® Barre 7am - 45min Cindy		PILOXING® Barre 7am - 45min Cindy	Pilates Reformer 7am - 45min Victoria	Pilates Reformer 6:30am - 45min Victoria	Pilates Reformer 7:15am - 45min Emily/Colleen/ Victoria
Foundations of Pilates Reformer 9:15am - 45min Karin L	Pilates Reformer (Intermediate) 8am - 45min Colleen	Pilates Reformer 9am - 45min Victoria	Pilates Chair/Barre 8am - 45min Victoria	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 4:30pm - 45min Jonell			
		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