



pure Pilates

ELKHART

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer Fusion 9:00am – 45min Mallory	Tower/Table Tuesday 8:00am – 45min Peggy	Classic Reformer 6:30am – 45min Mallory	Power Pilates 8:00am – 45min Peggy	Pilates Chair 9:00am – 45min Mallory	Pilates Reformer Fusion 8:30am – 45min Theresa
Pilates Reformer Fusion 12:00pm – 45min Mallory	Pilates Reformer Fusion 9:00am – 45min Peggy	Classic Reformer 8:00am – 45min Mallory	Power Pilates 9:00am – 45min Peggy	Pilates Chair 10:00am – 45min Mallory	Pilates Reformer Fusion 9:30am – 45min Theresa
Stretch & Strengthen Reformer 5:45pm – 45min Theresa	Pilates Reformer Fusion 12:00pm – 45min Peggy	Back to Basics 9:00am – 45min Mallory	Pilates Reformer Fusion 12:00pm – 45min Peggy		
		Classic Reformer 12:00pm – 45min Mallory			
		Stretch & Strengthen Reformer 5:45pm – 45min Theresa			

Class Location

Reformer Studio



To try a **FREE** class or for more information, email Tanner at

TJBradley@beaconhealthsystem.org

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