

pure Pilates

GRANGER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intermediate Pilates Reformer 8:00am - 45min Del	Pilates Reformer 8:00am - 45min Kayla/Josie	SEASONAL Pilates Reformer 6:30am - 45min Jenny	Pilates Reformer 8:00am - 45min Kayla/Josie	SEASONAL Foundations of Pilates Reformer 6:30am - 45min Linda K	SEASONAL Foundations of Pilates Reformer 7:15am - 45min Justin/Jonell/Josie
Pilates Reformer 9:00am - 45min Stacy	Intermediate Pilates Reformer 9:00am - 45min Stacy	Intermediate Pilates Reformer 8:00am - 45min Del	Intermediate Pilates Reformer 9:00am - 45min Jonell	Pilates Jumpboard & Props 8:00am - 45min Justin	Pilates Reformer 8:15am - 60min Justin/Jonell/Josie
Foundations of Pilates Reformer 10:00am - 45min Stacy	Pilates Reformer 10:00am - 45min Josie	Pilates Reformer 9:00am - 45min Josie	Pilates Reformer 10:00am - 45min Josie	Intermediate Pilates Reformer 9:00am - 45min Kayla/Josie	Pilates Reformer 9:15am - 45min Justin/Jonell/Josie
Pilates Reformer 1:00pm - 45min Jonell	Pilates Reformer NOON - 45min Josie	Pilates Reformer 10:00am - 45min Jonell	Pilates Reformer 1:00pm - 45min Josie	Pilates Reformer 10:00am - 45min Jonell	
NEW Foundations of Pilates Reformer 4:30pm - 45min Karin L	Pilates Reformer 4:30pm - 45min Jonell	Pilates Reformer Noon - 45min Josie	Foundations of Pilates Reformer 4:30pm - 45min Linda	Foundations of Pilates Reformer NOON - 45min Jonell	
Pilates Reformer 5:45pm - 45min Justin	Foundations of Pilates Reformer 5:45pm - 45min Justin	NEW Foundations of Pilates Reformer 4:30pm - 45min Karin L	Pilates Reformer 5:45pm - 45min Sara		
		Pilates Reformer with Props 5:45pm - 45min Sara			

10 Reformers offered in Granger!

To try a **FREE** class or for more information, email Del at Estukel@beaconhealthsystem.org



Elkhart | Granger | Three Rivers
 BeaconHealthAndFitness.org
 Estukel@beaconhealthsystem.org