



pure
Pilates
 THREE RIVERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer 6:30am - 45min Meg		Pilates Reformer 6:30am - 45min Meg			Pilates Reformer 8:30am - 45min Meg
Pilates Reformer 9am - 45min Kelly		Pilates Reformer 9am - 45min Heather			Pilates Reformer 9:30am - 45min Meg
Pilates Reformer 10am - 45min Kelly	Pilates Reformer 10am - 45min Kelly	Pilates Reformer 10am - 45min Heather	Pilates Reformer 10am - 45min Kelly		
	Pilates Reformer Noon - 45min Meg		Pilates Reformer Noon - 45min Meg		

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



Elkhart | Granger | Three Rivers
BeaconHealthAndFitness.org