

# pure Pilates

GRANGER

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

## Class Location

- Reformer Studio
- Yoga/Pilates Studio

**10 Reformers offered in Granger!**



Elkhart | Granger | Three Rivers  
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## Class Descriptions

**Foundations of Pilates Reformer:** A prerequisite class for Reformer classes to ensure proper alignment, breath control, and equipment management. Expect a slower paced, supportive environment that focuses on core strength, flexibility, and overall body awareness. Leave with a better understanding of the pilates principles, and a more confident outlook for progression.

**Pilates Reformer:** This class offers a balanced, full-body workout using the Pilates Reformer machine, as well as various pilates props. Appropriate for those with pilates experience who would like to refine their form, build strength, and improve flexibility.

**Intermediate Pilates Reformer:** Designed for the long standing pilates practitioners who are ready to challenge themselves. The class focus will be on flow and precision while executing intermediate exercises. A strong understanding of pilates is required.

**Intermediate Pilates Athletic Chair/Barre:** Prior Pilates Experience is required. The Pilates Chair Machine is mixed with various props, including a ballet barre series to get your heartrate up. Expect a dynamic and intense workout, blending the Pilates principles, with the foundations of Barre.