

# pure Pilates

THREE RIVERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pilates Reformer</b> 6:30am - 45min Meg		<b>Pilates Reformer</b> 6:30am - 45min Kathy			<b>Pilates Reformer</b> 8:00am - 45min Kathy/Kelly/Meg
<b>Pilates Reformer</b> 9am - 45min Kelly		<b>Pilates Reformer</b> 9am - 45min Meg			<b>Pilates Reformer</b> 9:00am - 45min Kathy/Kelly/Meg
<b>Pilates Reformer</b> 10am - 45min Kelly	<b>Pilates Reformer</b> 10am - 45min Kelly	<b>Pilates Reformer</b> 10am - 45min Meg	<b>Pilates Reformer</b> 10am - 45min Kelly		
	<b>Pilates Reformer</b> Noon - 45min Meg		<b>Pilates Reformer</b> Noon - 45min Meg		
<b>Pilates Reformer</b> 6:30pm - 45min Kathy		<b>Pilates Reformer</b> 6:30pm - 45min Kathy			

Members try their first class for FREE!  
 To set up free class or for more information,  
 email our Fitness Manager:  
[MRimer@BeaconHealthSystem.org](mailto:MRimer@BeaconHealthSystem.org)



Elkhart | Granger | Three Rivers  
[BeaconHealthAndFitness.org](http://BeaconHealthAndFitness.org)