

pure Pilates

GRANGER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intermediate Pilates Reformer 8:00am - 45min Del	Pilates Reformer 8:00am - 45min Kayla	Pilates Reformer 6:15am - 45min Jenny	Pilates Reformer 8:00am - 45min Kayla	Pilates Reformer 6:30am - 45min Linda K	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/Chair 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/Chair Fusion 9:00am - 45min Josie/Jonell	Pilates Reformer 9:15am - 45min Justin/Jonell/Josie
Intermediate Athletic Pilates Chair/Barre 10:00am - 45min Josie	Pilates Reformer NOON - 45min Josie	Pilates Reformer 10:00am - 45min Jonell	Pilates Reformer 1:00pm - 45min Josie	Pilates Reformer 10:00am - 45min Jonell	
Pilates Reformer 1:00pm - 45min Jonell	Pilates Reformer 4:30pm - 45min Jonell	Intermediate Athletic Pilates Chair/Barre 10:00am - 45min Josie	Foundations of Pilates Reformer 3:00pm - 45min Colleen	Foundations of Pilates Reformer NOON - 45min Jonell	
Foundations of Pilates Reformer 4:30pm - 45min Karin L	Foundations of Pilates Reformer 5:45pm - 45min Justin	NEW Pilates Chair 11:00 - 45min Josie	Foundations of Pilates Reformer 4:30pm - 45min Jess		
Pilates Reformer 5:45pm - 45min Justin		Pilates Reformer Noon - 45min Josie	Pilates Reformer 5:45pm - 45min Sara		
		Foundations of Pilates Reformer 4:30pm - 45min Karin L			
		Pilates Reformer with Props 5:45pm - 45min Sara			

Class Location

- Reformer Studio
- Yoga/Pilates Studio

10 Reformers offered in Granger!



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

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.

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.

Pilates Chair: Prior Pilates Reformer experience is recommended. Pilates Chair will enhance your body in different ways than the reformer while strengthening muscle groups not easily reached by more traditional techniques and equipment. Pilate Chair is appropriate for all levels.

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.