



pure Pilates

THREE RIVERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer 6:30am - 45min Meg		Pilates Reformer 6:30am - 45min Kathy			Pilates Reformer 8:00am - 45min Kathy/Kelly/Meg/ Meagan
NEW Pilates Reformer 9am - 45min Kelly		UPDATED Pilates Reformer 9am - 45min Autumn/Meagan			Pilates Reformer 9:00am - 45min Kathy/Kelly/Meg/ Meagan
Pilates Reformer 10am - 45min Kelly	Pilates Reformer 10am - 45min Kelly	UPDATED Pilates Reformer 10am - 45min Autumn/Meagan	Pilates Reformer 10am - 45min Kelly	NEW Pilates Reformer 10am - 45min Autumn/Kelly	
	Pilates Reformer Noon - 45min Meg		Pilates Reformer Noon - 45min Meg		
Pilates Reformer 6:30pm - 45min Kathy		Pilates Reformer 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



Elkhart | Granger | Three Rivers

BeaconHealthAndFitness.org