

# pure Pilates

## GRANGER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pilates Reformer</b> 6:30am - 45min Colleen/Jenny	<b>UPDATED</b> <b>Pilates Reformer</b> 8:00am - 45min Linda	<b>Pilates Reformer</b> 6:15am - 45min Jenny	<b>UPDATED</b> <b>Pilates Reformer</b> 8:00am - 45min Jenny	<b>Pilates Reformer</b> 6:30am - 45min Linda K	<b>Foundations of Pilates Reformer</b> 7:15am - 45min Justin/Jonell/Josie
<b>Intermediate Pilates Reformer</b> 8:00am - 45min Del	<b>Intermediate Pilates Reformer</b> 9:00am - 45min Stacy	<b>Intermediate Pilates Reformer</b> 8:00am - 45min Del	<b>Intermediate Pilates Reformer/Chair</b> 9:00am - 45min Jonell	<b>Pilates Jumpboard &amp; Props</b> 8:00am - 45min Justin	<b>Pilates Reformer</b> 8:15am - 60min Justin/Jonell/Josie
<b>Pilates Reformer</b> 9:00am - 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>UPDATED</b> <b>Intermediate Pilates Reformer/Chair Fusion</b> 9:00am - 45min Josie/Kayla	<b>Pilates Reformer</b> 9:15am - 45min Justin/Jonell/Josie
<b>Foundations of Pilates Reformer</b> 10:00am - 45min Stacy	<b>Pilates Reformer</b> NOON - 45min Josie	<b>Pilates Reformer</b> 10:00am - 45min Jonell	<b>Pilates Reformer</b> 1:00pm - 45min Avah	<b>UPDATED</b> <b>Pilates Reformer</b> 10:00am - 45min Kayla	
<b>Intermediate Athletic Pilates Chair/Barre</b> 10:00am - 45min Josie	<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> 3:00pm - 45min Colleen	<b>UPDATED</b> <b>Foundations of Pilates Reformer</b> NOON - 45min Avah	
<b>Pilates Reformer</b> 1:00pm - 45min Jonell	<b>Foundations of Pilates Reformer</b> 5:45pm - 45min Justin	<b>Pilates Chair</b> 11:00 - 45min Josie	<b>Foundations of Pilates Reformer</b> 4:30pm - 45min Jess	<b>Class Location</b>  <input type="checkbox"/> Reformer Studio <input type="checkbox"/> Yoga/Pilates Studio	
<b>Foundations of Pilates Reformer</b> 4:30pm - 45min Karin L		<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			

*10 Reformers  
offered in Granger!*



Elkhart | Granger | Three Rivers | Kalamazoo  
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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.

**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.