



pure Pilates

THREE RIVERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer 6:30am - 45min Kathy		Pilates Reformer 6:30am - 45min Meg			Pilates Reformer 8am - 45min Autumn/Kelly/Meg/ Meagan
NEW Foundations of Pilates Reformer 9am - 45min Kelly		NEW Foundations of Pilates Reformer 9am - 45min Autumn/Meagan			Pilates Reformer 9am - 45min Autumn/Kelly/Meg/ Meagan
Pilates Reformer 10am - 45min Kelly	Pilates Reformer 10am - 45min Kelly	Pilates Reformer 10am - 45min Autumn/Meagan	Pilates Reformer 10am - 45min Kelly	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 | Kalamazoo
beaconhealthandfitness.org