



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer 6:30 a.m. – 45min Colleen/Jenny	Pilates Reformer 8 a.m. – 45min Linda	Pilates Reformer 6:15 a.m. – 45min Jenny	Pilates Reformer 8 a.m. – 45min Jenny	Pilates Reformer 6:30 a.m. – 45min Linda K	<b>UPDATED</b> Foundations of Pilates Reformer 7:15 a.m. – 45min Justin/Jonell/Karin L
Intermediate Pilates Reformer 8 a.m. – 45min Del	Intermediate Pilates Reformer 9 a.m. – 45min Stacy	Intermediate Pilates Reformer 8 a.m. – 45min Del	Intermediate Pilates Reformer/Chair 9 a.m. – 45min Jonell	Pilates Jumpboard & Props 8 a.m. – 45min Justin	<b>UPDATED</b> Pilates Reformer 8:15 a.m. – 45min Justin/Jonell/Karin L
Pilates Reformer 9 a.m. – 45min Stacy	Pilates Reformer 10 a.m. – 45min Josie	Pilates Reformer 9 a.m. – 45min Josie	Pilates Reformer 10 a.m. – 45min Josie	Intermediate Pilates Reformer/Chair 9 a.m. – 45min Josie/Kayla	<b>UPDATED</b> Pilates Reformer 9:15 a.m. – 45min Justin/Jonell/Karin L
Foundations of Pilates Reformer 10 a.m. – 45min Stacy	<b>SEASONAL</b> Foundations of Pilates Reformer 11 a.m. – 45min Katie	Pilates Reformer 10 a.m. – 45min Jonell	Pilates Reformer 1 p.m. – 45min Avah	Pilates Reformer 10 a.m. – 45min Kayla	
Intermediate Athletic Pilates Chair/Barre 10 a.m. – 45min Josie	Pilates Reformer 12 p.m. – 45min Josie	Intermediate Athletic Pilates Chair/Barre 10 a.m. – 45min Josie	Foundations of Pilates Reformer 3 p.m. – 45min Colleen	<b>SEASONAL</b> Pilates Reformer 11 a.m. – 45min Katie	
Pilates Reformer 1 p.m. – 45min Jonell	Pilates Reformer 4:30 p.m. – 45min Jonell	Pilates Chair 11 a.m. – 45min Josie	Foundations of Pilates Reformer 4:30 p.m. – 45min Jess	Foundations of Pilates Reformer 12 p.m. – 45min Avah	
<b>SEASONAL</b> Pilates Reformer 3:30 p.m. – 45min Karin L	Foundations of Pilates Reformer 5:45 p.m. – 45min Justin	Pilates Reformer 12 p.m. – 45min Josie	Pilates Reformer 15:45 p.m. – 45min Sara	<b>Class Location</b> <input type="checkbox"/> Reformer Studio <input type="checkbox"/> Yoga/Pilates Studio	
Foundations of Pilates Reformer 4:30 p.m. – 45min Karin L		Foundations of Pilates Reformer 4:30 p.m. – 45min Karin L			
Pilates Reformer 5:45 p.m. – 45min Justin		Pilates Reformer with Props 5:45 p.m. – 45min Sara			



**10 Reformers offered in Granger!**

Effective 1.5.26

Elkhart | Granger | Three Rivers | Kalamazoo  
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# Pilates

**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. Intermediate 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. Intermediate Pilates Chair Machine is mixed with various props, including a ballet barre series to get your heart rate 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.