



Pilates

THREE RIVERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer 6:30 a.m. - 45min Kathy		Pilates Reformer 6:30 a.m. - 45min Meg			
Foundations of Pilates Reformer 9 a.m. - 45min Kelly		Foundations of Pilates Reformer 9 a.m. - 45min Autumn/Meagan			Pilates Reformer 9 a.m. - 45min Autumn/Meg/ Meagan
Pilates Reformer 10 a.m. - 45min Kelly	Pilates Reformer 10 a.m. - 45min Kelly	Pilates Reformer 10 a.m. - 45min Autumn/Meagan	Pilates Reformer 10 a.m. - 45min Kelly	Pilates Reformer 10 a.m. - 45min Kelly/Kathy	
	Pilates Reformer Noon - 45min Meg		Pilates Reformer Noon - 45min Meg		
Pilates Reformer 6:30 p.m. - 45min Kathy		Pilates Reformer 6:30 p.m. - 45min Kathy	NEW Pilates Reformer 6:30 p.m. - 45min Autumn		



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