

pure Pilates

Elkhart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer Fusion 6:30 a.m. – 45min Mallory	Tower/Table Tuesday 8 a.m. – 45min Peggy	Pilates Reformer Fusion 6:30 a.m. – 45min Mallory	Pilates Reformer Fusion 6:30 a.m. – 45min Peggy	NEW Pilates Reformer Fusion 6:30 a.m. – 45 min Shelby	Pilates Reformer Fusion 8 a.m. – 45min Varies
Pilates Reformer Fusion 8 a.m. – 45min Mallory	Tower/Table Tuesday 9 a.m. – 60min Peggy	Pilates Reformer Fusion 8 a.m. – 45min Mallory	Power Pilates 8:00 a.m. – 45min Peggy	Pilates Reformer Fusion 8 a.m. – 45min Mallory	Pilates Reformer Fusion 9 a.m. – 45min Varies
Pilates Reformer Fusion 9 a.m. – 45min Mallory	Tower/Table Tuesday Noon – 45min Peggy	Pilates Reformer Fusion 9 a.m. – 45min Mallory	Power Pilates 9:00 a.m. – 60min Peggy	Pilates Reformer Fusion 9 a.m. – 45min Mallory	Pilates Reformer Fusion 10 a.m. – 45min Varies
Pilates Reformer Fusion 10 a.m. – 45min Mallory	NEW Pilates Reformer Fusion 4:30 p.m. – 45min JoLynn/Shelby	Pilates Reformer Fusion 10 a.m. – 45min Mallory	Pilates Reformer Fusion Noon – 45min Peggy	Pilates Reformer Fusion 10 a.m. – 45min Mallory	
Pilates Reformer Fusion 11 a.m. – 45min Mallory	NEW Pilates Reformer Fusion 5:30 p.m. – 45min JoLynn/Shelby	Pilates Reformer Fusion Noon – 45min Mallory	Pilates Reformer Fusion 4:30 p.m. – 45min Shelby	Pilates Reformer Fusion 11 a.m. – 45min Mallory	
Pilates Reformer Fusion Noon – 45min Mallory		Pilates Reformer Fusion 4:30 p.m. – 45min Theresa	Pilates Reformer Fusion 5:30 p.m. – 45min Shelby	Pilates Reformer Fusion Noon – 45min Mallory	
Pilates Reformer Fusion 4:30 p.m. – 45min Theresa		Pilates Reformer Fusion 5:30 p.m. – 45min Theresa			
Pilates Reformer Fusion 5:30 p.m. – 45min Shelby					

Class Location

 Reformer Studio



beaconhealthandfitness.org

To try a **FREE** class or for more information, email us at mpawling@beaconhealthsystem.org

pure *Pilates*

Class descriptions

Pilates Reformer Fusion: This Pilates Reformer Class will enhance your strength, flexibility, mobility, and range of motion while doing gentle, low impact exercises that challenges both the mind and the body!

Tower/Table: Joseph Pilates' incredibly effective Table/Trapeze method engages full core, multiple muscle groups and utilizes resistance stretching. Reformers are converted to Tables for weighted trapeze & a variety of spring work all across the tower unit. Break through your fitness plateau - We are the only studio in the area offering this as a regular class!

Power Pilates: Circuits of core work, cardio, strength & sculpt, resisted stretching flows. Burn fat, build endurance, utilize stable flexibility while delivering full-body burn. Equipment as assigned by instructor: jump board, chair, box and more. **FOR ALL LEVELS!** Power Pilates is easily adapted to any level of fitness by varying resistance, speed, and intensity. Options shown at each section.