

# pure Pilates

Granger

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Pilates Reformer</b> 6:30 a.m. – 45min Colleen/Jenny	<b>SEASONAL</b> <b>Pilates Reformer</b> 6 a.m. – 45min Katie	<b>Pilates Reformer</b> 6:15 a.m. – 45min Jenny	<b>Pilates Reformer</b> 8 a.m. – 45min Jenny	<b>Pilates Reformer</b> 6:30 a.m. – 45min Linda K	<b>Foundations of Pilates Reformer</b> 7:15 a.m. – 45min Justin/Jonell/Karin L
	<b>Intermediate Pilates Reformer</b> 8 a.m. – 45min Del	<b>Pilates Reformer</b> 8 a.m. – 45min Linda	<b>Intermediate Pilates Reformer</b> 8 a.m. – 45min Del	<b>Intermediate Pilates Reformer/Chair</b> 9 a.m. – 45min Jonell	<b>Pilates Jumpboard &amp; Props</b> 8 a.m. – 45min Justin	<b>Pilates Reformer</b> 8:15 a.m. – 45min Justin/Jonell/Karin L
	<b>Pilates Reformer</b> 9 a.m. – 45min Stacy	<b>Intermediate Pilates Reformer</b> 9 a.m. – 45min Stacy	<b>Pilates Reformer</b> 9 a.m. – 45min Josie	<b>Pilates Reformer</b> 10 a.m. – 45min Josie	<b>Intermediate Pilates Reformer</b> 9 a.m. – 45min Kayla	<b>Pilates Reformer</b> 9:15 a.m. – 45min Justin/Jonell/Karin L
	<b>Foundations of Pilates Reformer</b> 10 a.m. – 45min Stacy	<b>Pilates Reformer</b> 10 a.m. – 45min Josie	<b>Pilates Reformer</b> 10 a.m. – 45min Jonell	<b>Pilates Reformer</b> 1 p.m. – 45min Avah	<b>Pilates Reformer</b> 10 a.m. – 45min Kayla	
	<b>Intermediate Athletic Pilates Chair/Barre</b> 10 a.m. – 45min Josie	<b>Foundations of Pilates Reformer</b> 11 a.m. – 45min Stacy	<b>Intermediate Athletic Pilates Chair/Barre</b> 10 a.m. – 45min Josie	<b>Foundations of Pilates Reformer</b> 3 p.m. – 45min Colleen	<b>Pilates Reformer</b> 11 a.m. – 45min Avah	
	<b>NEW</b> <b>Intermediate Tower/Trapeze</b> 11:30 a.m. – 60min Josie	<b>Pilates Reformer</b> 12 p.m. – 45min Josie	<b>Pilates Reformer</b> 12 p.m. – 45min Josie	<b>Foundations of Pilates Reformer</b> 4:30 p.m. – 45min Karin L	<b>Foundations of Pilates Reformer</b> 12 p.m. – 45min Avah	
	<b>Pilates Reformer</b> 1 p.m. – 45min Jonell	<b>Pilates Reformer</b> 4:30 p.m. – 45min Jonell	<b>Foundations of Pilates Reformer</b> 4:30 p.m. – 45min Karin L	<b>Pilates Reformer</b> 5:45 p.m. – 45min Katie		
	<b>Pilates Reformer</b> 3:30 p.m. – 45min Karin L	<b>Foundations of Pilates Reformer</b> 5:45 p.m. – 45min Justin	<b>Pilates Reformer with Props</b> 5:45 p.m. – 45min Sara			
	<b>Foundations of Pilates Reformer</b> 4:30 p.m. – 45min Karin L					
	<b>Pilates Reformer</b> 5:45 p.m. – 45min Justin					

### Class Location

- Reformer Studio
- Yoga/Pilates Studio



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*10 Reformers offered in Granger!*

# pure *Pilates*

## 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. 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. Pilates 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.

**Pilates Tower/Trapeze:** 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 across the tower unit. Break through your fitness plateau - We are the only studio in the area offering this as a regular class!