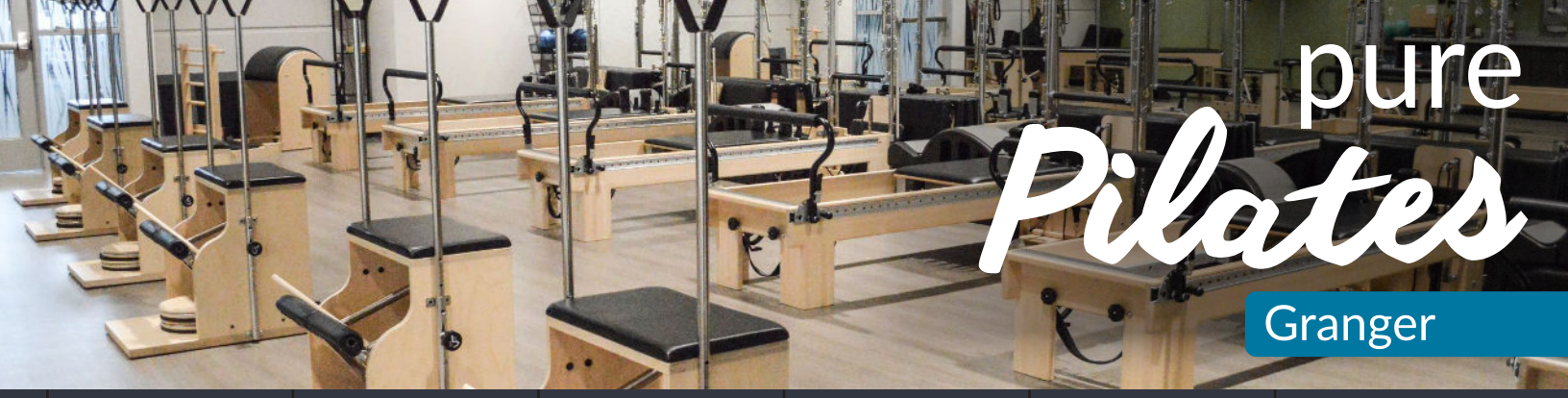

pure Pilates

Granger

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UPDATED **Pilates Reformer** 6:30 a.m. – 45min Colleen/Tayrn	**Pilates Reformer** 8 a.m. – 45min Linda	**Pilates Reformer** 6:15 a.m. – 45min Jenny	**Pilates Reformer** 8 a.m. – 45min Jenny	UPDATED **Pilates Reformer** 6:30 a.m. – 45min Taryn	UPDATED **Foundations of Pilates Reformer** 7:15 a.m. – 45min Justin/Karin L/Taryn
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	UPDATED **Pilates Reformer** 8:15 a.m. – 45min Justin/Karin L/Taryn
Pilates Reformer 9 a.m. – 45min Stacy	**Pilates Reformer** 10 a.m. – 45min Josie	**Pilates Reformer** 9 a.m. – 45min Josie	UPDATED **Pilates Reformer** 10 a.m. – 45min Avah	**Intermediate Pilates Reformer** 9 a.m. – 45min Kayla	UPDATED **Pilates Reformer** 9:15 a.m. – 45min Justin/Karin L/Taryn
Foundations of Pilates Reformer 10 a.m. – 45min Stacy	UPDATED **Foundations to Pilates Reformer/ Chair** 11 a.m. – 45min Stacy	**Pilates Reformer** 10 a.m. – 45min Jonell	UPDATED **Pilates Reformer** 1 p.m. – 45min Linda	**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	**Pilates Reformer** 11 a.m. – 45min Avah	
Intermediate Tower/Trapeze 11:30 a.m. – 60min Josie	**Pilates Reformer** 4:30 p.m. – 45min Jonell	**Pilates Reformer** 12 p.m. – 45min Josie	**Foundations of Pilates Reformer** 4:30 p.m. – 45min Karin L	**Foundations of Pilates Reformer** 12 p.m. – 45min Avah	
Pilates Reformer 1 p.m. – 45min Jonell	**Foundations of Pilates Reformer** 5:45 p.m. – 45min Justin	**Foundations of Pilates Reformer** 4:30 p.m. – 45min Karin L	**Pilates Reformer** 5:45 p.m. – 45min Katie		
Pilates Reformer 3:30 p.m. – 45min Karin L		UPDATED **Pilates Reformer** 5:45 p.m. – 45min Taryn			
Foundations of Pilates Reformer 4:30 p.m. – 45min Karin L					
Pilates Reformer 5:45 p.m. – 45min Justin					

10 Reformers offered in Granger!

Class Location

- Reformer Studio
- Yoga/Pilates Studio

BEACON Health & Fitness

beaconhealthandfitness.org
estukel@beaconhealthsystem.org

Effective 7.5.26

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!