pure 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			

Members try their first class for **FREE!**
To set up free class or for for more information, email out Fitness Manager at mrimer@beaconhealthsystem.org

BEACON Health & Fitness

beaconhealthandfitness.org

Effective 7.5.26