



Pure Pilates

SOUTH BEND

Monday	Tuesday	Wednesday	Thursday
PILOXING® Barre 6:30am - 45min Group Fitness Studio Cindy	Pilates Reformer 6:45am - 45min Group Fitness Studio Colleen	Pilates Chair 11am - 45min Gym Bridget	Barre/Reformer Fusion 7am - 45min Group Fitness Studio Colleen
Pilates Reformer Intermediate 8:30am - 45min Group Fitness Studio Bridget	Pilates Reformer Intermediate 8am - 45min Group Fitness Studio Del	Pilates Reformer 6:35pm - 45min Group Fitness Studio Mallory	Pilates Reformer Intermediate 8am - 45min Group Fitness Studio Sara M/Mallory
			Pilates Chair Intermediate 8am - 45min Gym Del
			<div style="background-color: red; color: white; padding: 2px; display: inline-block; transform: rotate(-45deg); font-weight: bold;">NEW</div> Pilates Reformer NOON - 45min Group Exercise Studio Emily

Class Location

- Group Exercise Studio
- Gym

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



Granger | South Bend
BeaconHealthAndFitness.org