



Pure Pilates

SOUTH BEND

Monday	Tuesday	Wednesday	Thursday	Friday
PILOXING® Barre 7am - 45min Group Fitness Studio Cindy	Pilates Reformer 6:45am - 45min Reformer Studio Colleen	<div style="text-align: left; font-weight: bold; color: white; font-size: small;">NEW</div> Pilates Chair/ Barre Fusion 8am - 45min Group Fitness Studio Lauren	Barre/Chair Fusion 7am - 45min Group Fitness Studio Colleen	Pilates Reformer 6:30am - 45min Reformer Studio Emily
Pilates Chair 9am - 45min Group Fitness Studio Bridget	Pilates Reformer Intermediate 8am - 45min Reformer Studio Del	<div style="text-align: left; font-weight: bold; color: white; font-size: small;">NEW</div> Pilates Reformer Intermediate 11am - 45min Reformer Studio Bridget	Pilates Reformer Intermediate 8am - 45min Reformer Studio Sara M/Mallory	<div style="text-align: left; font-weight: bold; color: white; font-size: small;">NEW</div> Pilates Reformer 12pm - 45min Reformer Studio Lauren
<div style="text-align: left; font-weight: bold; color: white; font-size: small;">NEW</div> Pilates Reformer 12pm - 45min Reformer Studio Emily		Pilates Reformer 5:45pm - 45min Reformer Studio Mallory	Pilates Chair Fusion 8am - 45min Group Fitness Studio Del	

Class Location

- Reformer Studio
- Group Fitness Studio

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



Granger | South Bend
BeaconHealthAndFitness.org