



# pure Pilates

SOUTH BEND

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| <b>PILOXING® Barre</b><br>7am - 45min<br>Group Fitness Studio<br>Cindy            | <b>Pilates Reformer</b><br>6:45am - 45min<br>Reformer Studio<br>Colleen           | <b>NEW</b><br><b>Pilates Chair/<br/>Barre Fusion</b><br>8am - 45min<br>Group Fitness Studio<br>Lauren | <b>Pilates Reformer<br/>Intermediate</b><br>8am - 45min<br>Reformer Studio<br>Sara M/Mallory | <b>Pilates Reformer</b><br>6:30am - 45min<br>Reformer Studio<br>Emily              |
| <b>Pilates Chair</b><br>9am - 45min<br>Group Fitness Studio<br>Bridget            | <b>Pilates Reformer<br/>Intermediate</b><br>8am - 45min<br>Reformer Studio<br>Del | <b>NEW</b><br><b>Pilates Reformer<br/>Intermediate</b><br>11am - 45min<br>Reformer Studio<br>Bridget  | <b>Pilates Chair Fusion</b><br>8am - 45min<br>Group Fitness Studio<br>Del                    | <b>NEW</b><br><b>Pilates Reformer</b><br>12pm - 45min<br>Reformer Studio<br>Lauren |
| <b>NEW</b><br><b>Pilates Reformer</b><br>12pm - 45min<br>Reformer Studio<br>Emily |   | <b>Pilates Reformer</b><br>5:45pm - 45min<br>Reformer Studio<br>Mallory                               |  |  |

### Class Location

- Reformer Studio
- Group Fitness Studio

To try a **FREE** class or for more information, email Del at [Estukel@beaconhealthsystem.org](mailto:Estukel@beaconhealthsystem.org)



**Granger | South Bend**  
 BeaconHealthAndFitness.org

Effective 6-10-19