



Pure Pilates

SOUTH BEND

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|
| PILOXING® Barre 7am - 45min Cindy | Pilates Reformer 6:45am - 45min Colleen | Piloxing Barre 7:15am - 45min Cindy | Pilates Chair (Intermediate) 8am - 45min Jess | Pilates Reformer 6:30am - 45min Emily | Pilates Reformer 8:15am - 45min Emily/Colleen |
| Pilates Reformer 9am - 45min Jonell | Pilates Reformer (Intermediate) 8am - 45min Jess | Pilates Reformer 9am - 45min Jonell | Pilates Reformer 12:15pm - 45min Emily | Pilates Reformer 10am - 45min McKenzie | |
| Pilates Reformer 12pm - 45min Emily | | Pilates Chair Fusion 1pm - 45min Emily | | | |
| | | Pilates Reformer 5:30pm - 45min Jonell | | | |

Class Location

- Reformer Studio
- Group Fitness Studio



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

Elkhart | Granger | South Bend
BeaconHealthAndFitness.org