



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	Pilates Chair/ Barre Fusion 8am - 45min Group Fitness Studio Lauren	Pilates Reformer Intermediate 8am - 45min Reformer Studio Sara M	Pilates Reformer 6:30am - 45min Reformer Studio Emily
Pilates Chair 9am - 45min Group Fitness Studio Bridget	Pilates Reformer Intermediate 8am - 45min Reformer Studio Del	Pilates Reformer Intermediate 11am - 45min Reformer Studio Bridget	Pilates Chair Fusion 8am - 45min Group Fitness Studio Del	Pilates Reformer 12pm - 45min Reformer Studio Lauren
Pilates Reformer 12pm - 45min Reformer Studio Emily				

Class Location

- Reformer Studio
- Group Fitness Studio



BEACON[™]
Health & Fitness

Granger | South Bend

BeaconHealthAndFitness.org

To try a **FREE** class or for more information, email Del at

[EStukel@beaconhealthsystem.org](mailto:Estukel@beaconhealthsystem.org)