



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 Reformer 6:45am - 45min Reformer Studio Sara M	Pilates Reformer 6:30am - 45min Reformer Studio Emily
Pilates Reformer 12pm - 45min Reformer Studio Emily	Pilates Reformer (Intermediate) 8am - 45min Reformer Studio Del		Pilates Chair (Intermediate) 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



Elkhart | Granger | South Bend
BeaconHealthAndFitness.org