

Fitness Fusion

This Fitness Fusion class is a general fitness and exercise class. It will consist of seated and standing exercises as well as the use of the aerobic new steps equipment. Come join us on Tuesday nights!

Dates: Tuesdays (8/20, 8/27, 9/3, 9/10, 9/17, 9/24)

7:15 - 8 p.m.

Location: Desloge Jr Outpatient Center, Building B, Outpatient Therapy Center Gym

Instructor: The Group Fitness Staff

Class size: 20

Cost: \$25



To sign up, please complete the Microsoft Form that was sent via email. Registration is confirmed in the order that the form is completed.

Payment is expected no later than the end of the first week of classes. To pay with credit card, call 314-576-2300.

Email courtney.gehrer@stlukes-stl.com with any questions regarding classes or registration.

Albert Pujols
Wellness Center for *Adults* with
Down Syndrome
✝ St. Luke's