



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 (8/18-9/22)

Time: 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 register, please use the Sign-Up Genius link that was sent via email. Confirmation of enrollment will be sent via Sign-Up Genius upon registration. Online payment may be made at the time of registration or via check no later than the end of the first week of class. Email courtney.gehrer@stlukes-stl.com with any questions regarding classes, registration, or to be added to a waitlist for a class.