

Fitness with Friends



Join us for a fun new fitness class with our partners from the YMCA. This work-out will include elements of core and mobility, strength, and low-impact cardio. But don't worry...we will be having so much FUN you may forget you're working out! This class is open to all fitness levels.

Dates: Thursdays (8/21 - 9/25)

Time: 6:30 p.m. – 7:30 p.m.

Location: Desloge Outpatient Center, Building A

Instructor: YMCA Adaptive Fitness Instructors

Class size: 15

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.