



# Yoga & Strength Training



Join us for a virtual workout combining elements of Yoga and strength training. This workout will focus on building strength while also improving balance, flexibility and coordination. Participants are encouraged to challenge themselves and use hand weights, but they are not required for this class. All skill levels are welcome.

**Dates:** Mondays (4/13/26 thru 5/18/26)

**Time:** 1:00 - 1:45 p.m.

**Location:** Virtual; TEAMS link will be provided upon registration

**Instructor:** Katie Ward, RDN, LD

**Class size:** 15

**Cost:** \$5

Katie is a Registered Dietitian Nutritionist, Certified Health Coach and American College of Sports Medicine Certified Exercise Physiologist. Katie also works with the Wellness Center as our Registered Dietician, meeting with clients and their families during our monthly clinic.

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](mailto:courtney.gehrer@stlukes-stl.com) with any questions regarding classes, registration, or to be added to a waitlist for a class.