

Fitness Fusion



Our classes and programs are designed to INSPIRE:

Instruction
Nutrition
Safety
Peers
Interpersonal
Relations
Exercise

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 (8/16, 8/23, 8/30, 9/6, 9/13, 9/20)

Time: 7:15 - 8 p.m.

Location: 111 St. Luke's Center Dr. Chesterfield, MO 63017
Mr. and Mrs. Theodore P. Desloge, Jr. Outpatient
Therapy Center Gym, Building B.

Cost: \$25

Instructor: The Group Fitness Staff

Class Size: 20

To sign up, please email stacey.laughlin@stlukes-stl.com. Registration is confirmed in the order that your email is received. Payment is expected no later than the end of the first week of classes. To pay by check, send payment to the address below. To pay with a credit card, call 314-576-2300.

Important Notes

- A client must complete an orientation prior to attending a fitness program. Please let us know at registration.
- All clients signing up for a class must show proof of COVID-19 vaccination.
- If you need to cancel your registration, please let us know within the first week.

Albert Pujols
Wellness Center for Adults with
Down Syndrome

121 St. Luke's Center Dr.
Building A, Suite 503
Chesterfield, MO 63017

Phone: (314) 576-2300

Email: ADS.WellnessCenter@stlukes-stl.com

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