

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(4/16, 4/23, 4/30, 5/7, 5/15, 5/21)

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 by check, send payment to the address below. To pay with credit card, call 314-576-2300. Email courtney.gehrer@stlukes-stl.com with any questions regarding classes or registration.



Our classes and programs are designed to **INSPIRE:**

Instruction

Nutrition

Safety

Peers Interpersonal Relations

Exercise

If you need to cancel your registration, please let us know within the first week of class.



Decisions to cancel class due to inclement weather will generally be made by 2pm. If this occurs, parents/caregivers and participants will be notified by email. Your safety is our greatest concern.

Albert Pujols

Wellness Center for *Adults* with

Down Syndrome