

# Group Exercise

Join us for fun night of fitness including a mix of weights, light aerobics and yoga. Working out in a group setting not only improves physical fitness but it also promotes motivation and accountability, confidence, and is a great way to meet new friends! This workout is adaptable to all fitness levels. Please note that a medical clearance form is required for this class unless we already have an updated one on file.

**Dates:** Thursdays (4/18, 4/25, 5/2, 5/9, 5/16, 5/23)  
7:15 - 8 p.m.

**Location:** Desloge Outpatient Center, Building A,  
Outpatient Therapy Center Gym

**Instructor:** Ashley Race

**Class size:** 15

**Cost:** \$25

Ashley is a licensed Occupational Therapist at St. Luke's hospital. She has her bachelor's degree in Exercise Science and enjoys encouraging and working with others to stay active.

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](mailto: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**