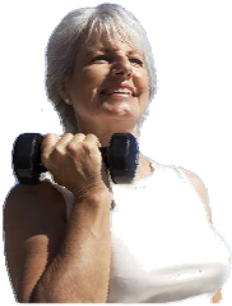


Total Body Conditioning & Body Sculpt

with Karen Shelhorse

Ready to really get fit as well as aligned and flexible?



Total Body Conditioning

Mon/Fri 11am-noon

Karen will add in Barre-Fit work (working on Ballet moves) as well as Pilates core work and Yoga stretching and flexibility to create a class that will re-shape your entire body while you burn calories.

Body Sculpt

Tues/Thurs 9:30-10:30 am

NEW TIME! Sat 11am-noon



Karen uses props like hand weights, tubing, fit balls and her fitness/yoga/Pilates background to work out the entire body and create long, lean muscle.

Drop-in rates apply!

Save 13% with a 5 class card -or- 20% with a 10 class card!

pilates + yoga

1015 McCausland Ave., St. Louis, MO 63117
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