



Total Body Conditioning & Body Sculpt

with new teacher: 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

Karen uses her fitness/yoga/Pilates background, and props such as hand weights, tubing, and fitballs to work out the entire body and create long, lean muscles.

Drop-in rates apply! Save 20% with a 5 class card!

pilates + yoga

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