

Open House

FREE Pilates Equipment Classes

Join us for a FREE Class
designed to gear you up
for the next 8 week session.

This Saturday

Feb. 6th

10am with Karen Prechtl

11am with Karen Prechtl

Limited spaces.

Call to reserve your spot in one of
these classes. 314-781-5050

New Clients Only.



THE PILATES & YOGA CENTER
OF SAINT LOUIS