

PERSONAL TRAINING

WITH TAMI RUSH



TRANSLATE PILATES
PRINCIPLES INTO A
WHOLE BODY WORKOUT!

Get fast, fun results with:

- Focused abdominal work
- Mat-based floor exercises
- Fitball for balance
- Boosting your heart rate
- Strength building
- Light hand weights

Private and Duet lessons available at both studios. Call or stop by the front desk to make an appointment.



314-781-5050



314-569-9400