

# Total Body Conditioning with Tami Rush

**Mondays - 11am - 12pm**

Drop-in rates apply!

Tami will lead you through carefully-designed exercises that work the entire body. The emphasis is on technique, execution and effective modification. Rhythmic, athletic movements are presented in a smooth, easy-to-follow style. This class is designed to boost fitness and change body composition in men and women of all ages and fitness levels.



THE **PILATES & YOGA CENTER**  
OF SAINT LOUIS

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