

# Pilates Classes

Focus on building core strength to help live a strong and healthy lifestyle! Learn the mind and body secrets to reducing stress and breathing control to build stamina, energy, strength and a more focused sense of self confidence.

**Free for cancer survivors!\***

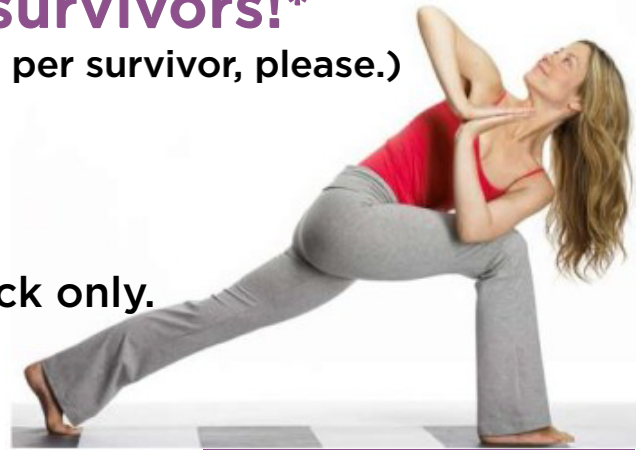
(\*One free class session at a time per survivor, please.)

All others: \$30 per 3-week session

\$40 per 4-week session

Drop-ins: \$12 per single session

Pay instructor 1st week by cash or check only.



## Two convenient locations:

◆ **SSM St. Joseph Hospital West**  
H.W. Koenig Medical Building  
Community Education Center  
400 Medical Plaza  
Lake Saint Louis, MO 63367  
[www.ssmhealth.com/ssmsjhw](http://www.ssmhealth.com/ssmsjhw)

◆ **SSM St. Joseph Medical Park**  
Education Room  
1475 Kisker Road  
St. Peters, MO 63304  
[www.ssmhealth.com/ssmsjmp](http://www.ssmhealth.com/ssmsjmp)

**Recommendations:**  
Bring a mat/towel  
and bottle of water.  
Wear comfortable  
clothes and warm  
socks.

Please try to arrive 5 minutes early to check in.

Call (636) 498-7850 to register. Call (636) 755-3056 with questions.

*All 2011 classes are from 5:30 p.m. to 6:30 p.m.*

### **Thursdays at Hospital West/Lake St. Louis**

**Session 1:** Jan. 6, 13, 20, 27  
**Session 2:** Feb. 3, 10, 17, 24  
**Session 3:** March 3, 10, 24, 31  
**Session 4:** April 7, 14, 21, 28  
**Session 5:** May 5, 12, 19, 26  
**Session 6:** June 2, 9, 16, 23  
**Session 7:** July 7, 14, 21, 28  
**Session 8:** Aug. 4, 11, 18, 25  
**Session 9:** Sept. 1, 8, 15, 22, 29  
**Session 10:** Oct. 13, 20, 27  
**Session 11:** Nov. 3, 10, 17  
**Session 12:** Dec. 1, 8, 15, 22

### **Fridays at Medical Park/St. Peters**

**Session 1:** Jan. 7, 14, 21  
**Session 2:** Feb. 4, 11, 25  
**Session 3:** March 11, 25  
**Session 4:** April 8, 15, 22, 29  
**Session 5:** May 13, 20, 27  
**Session 6:** June 3, 10, 17  
**Session 7:** July 8, 15, 22, 29  
**Session 8:** Aug. 5, 12, 19, 26  
**Session 9:** Sept. 2, 9, 16, 23, 30  
**Session 10:** Oct. 14, 21, 28  
**Session 11:** Nov. 4, 11, 18  
**Session 12:** Dec. 2, 9, 16, 23, 30