



Circuit Training Conditioning Class

FREE CLASS APRIL 6th at 6:30 pm

**Starting April 6th,
classes are going to be:
Tuesdays & Thursdays
6:30– 7:30pm
at the Ladue Studio with
Rebecca Milton, RN & ACSM**

This is an upbeat class to music which incorporates strength training using weights, body bars, kettle bells, ankle weights, body bands & steps.

Rebecca Milton, RN & ACSM
Certified Health Fitness Specialist

With 20 years experience teaching fitness, she is currently working towards her Pilates Certification here at the Pilates & Yoga Center.

Owner Karen Prechtl



**Located in the Ladue Marketplace:
9825 Clayton Rd. * Ladue, MO * 63124
314.569.9400
www.pilatescenterladue.com**