

New Drop-in Class



Core/Restore

with Eli Burkart

Thursdays 10 am

Try it for FREE Feb. 4th!

Ignite your core fire! Get the benefits of Yoga stretching and Pilates Core exercises. Eli combines her experience with Pilates, Yoga and fitness for a high-intensity abdominal/stretching series. Utilize all that heat to transform tight hips, legs and shoulders. No experience necessary, no major injuries please.

Drop-in class pricing

1 Class - \$20

w/ Studio Acct. - \$18

5 Class Card - \$90 (exp. 3 months)



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