



MAGNA

FITNESS CENTER

1401 S. BRENTWOOD BLVD SUITE 135

St. Louis, MO 63144

314.963.7800

MAGNA Fitness Center is now offering group exercise classes including: pilates, yoga, boot camp, cardio, step, power sculpt, fit-ball, senior toning, stretching, kickbox and others. Below is a list of class times and the name of the instructor conducting the class.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am							
7:00am							
7:30am					Maurie Strength&Sculpt		
8:00am					↓		
8:30am	Patti Step	Jane Core Strength	Joanne Step Interval	Patti Step	Carolyn Yoga		
9:00am	↓	↓	↓	↓	↓	Jo/Patti Step	
9:30am	Joanne Core Strength	Monica K. Cardio Camp	Carolyn Yoga	Monica K. Cardio Camp		↓	
10:00am	↓	↓	↓	↓			
10:30am							
11:00am							
11:30am							
12:00pm	Jane/Jamie Pilates/Core		Joanne Abs and Glutes				
12:30pm							
1:00pm							
2:30pm							
3:30pm							
4:00pm		Carolyn Yoga					
5:00pm							
5:30pm							
6:00pm							
7:00pm							

Sign-up is required to guarantee spot. Please call 314-963-7800.

Payment is required at sign-up.

All classes, times, and instructors subject to change and/or cancellation.



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Class Descriptions

- STEP** 40 minutes of stepping followed by strength and conditioning exercises.
- STEP INTERVAL** Four intervals of alternating step and conditioning exercises.
- CORE AND MORE** Strengthen your core using a variety of equipment including Stability Balls; Resistance Tubing; Gliding Discs; Free Weights and more.
- STRENGTH AND SCULPT** Build stronger bones and increase metabolism using Free Weights, Tubing and Stability Balls.
- YOGA** An intimate setting which allows for therapeutic work, adjustments and tailored asana along with pranayama and meditation.
- 30 MINUTE MIXED BAG** Step, Pilates, Intervals, gliding discs, ball, tubes and more. Anything goes. Tailored for that class that day.