

Small Class, Big Results, Great Value!

Work with our certified personal trainer in a small group training setting at the DTC and learn firsthand the benefits of total body workouts!

Choose 2 or 3 days per week for 4 weeks.

Multiple 45-minute class times available Monday, Wednesday & Friday between 5:15-8:15 a.m. Reserve your spot today!

Total ... Cardio, Strength, Nutrition!

Body ... Upper Body, Lower Body, Core!

Camp ... 2 or 3 Days a Week, 4 Weeks, Flexible Scheduling!

3 days/week

4 weeks • 12 classes

\$140/Rec-Plex Passholder

\$150/General Public

2 days/week

4 weeks • 8 classes

\$105/Rec-Plex Passholder

\$115/General Public



Learn more at:
www.stpetersmo.net/classes

It's Back!

**TOTAL
BODY
CAMP**

