

Girls Night Out

Wed. Feb. 10th

Join us for a night of fun with your girlfriends, daughters or mothers! We are offering you a fun filled night of FREE classes, pampering and relaxation.

FREE Classes 6-9pm

- 6pm - Pilates Mat w/Mary Zorich
- 6pm - Pilates Reformer w/Karen Prechtl
- 7pm - Yoga Fun w/Meg Noonan
- 7pm - All Equipment w/Karen Prechtl
- 8pm - Tai Chi w/Richard Wilson

Angel Readings w/Kristen White

- Meet your guardian angel
- Travel to a past life
- Connect with a departed loved one
- Discover your life's path

Offered every 15 minutes

Extras:

- 15 min Chair Massage
w/Justin Corson
- Sterling Silver Jewelry for sale
- Mini-make overs w/Kristy Kuster
- Healthy snacks

Call the studio to sign-up!

314.781-5050

*Pre-registration required.
Space is limited.*



THE PILATES & YOGA CENTER
OF SAINT LOUIS

Cost: \$25
Redeemable for
\$25 in services at
both studios