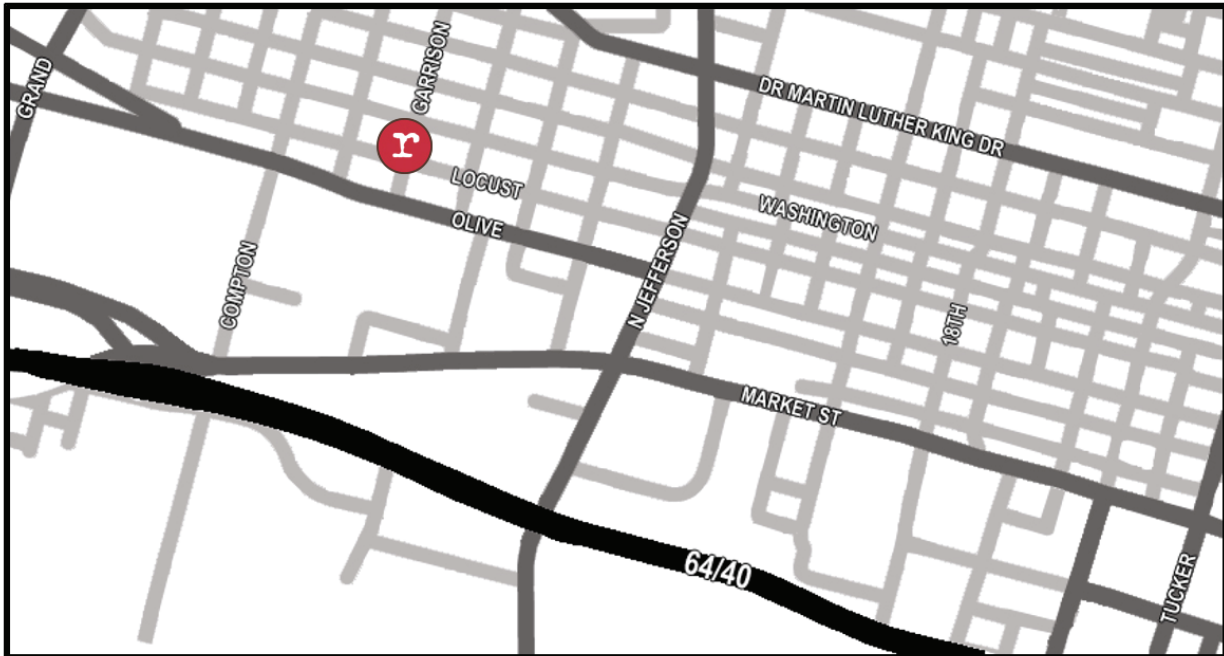




3001 Locust Street
Suite 103 - Lower Level
St. Louis, Missouri 63103
Phone: 314.531.rock (7625)
Monday through Friday: 6 a.m. to 7 p.m.
Saturday: 7 a.m. to 12 p.m.



From the intersection Highways 270 and 44: 44 East to Grand Exit turn left (onto Grand) – Right onto Lindell. At Traffic light at Compton turn left – one block –turn Right on Locust. We are 2 blocks down on corner of Garrison and Locust, left side of street.

From Highways 55 and 44: West on Highway 44 to Grand – turn right onto Grand. At Lindell – turn R; At traffic light at Compton – turn left – one block down turn right on Locust. We are 2 blocks down on corner of Garrison and Locust on the left side of street.

From Highway 64/40 and Hanley: East on Highway 64/40 to Market Street exit (just past the Vandeventer Exit); As you exit, the road will fork and become two ways – stay to the left. At stop sign at Compton turn left. At Locust Street (one block past Lindell), turn right. We are 2 blocks down on corner of Garrison and Locust, left side of street.

Class Descriptions

Cycle: Indoor cycling on LeMond Revmasters – the smoothest indoor cycles you will ever experience! Cardio class for all levels; beginners to advanced.

Boot Camp: Get results NOW! A full body workout that leaves you energized and ready to tackle anything! All levels are encouraged to attend – compete against your self!

TRX: Make your body your machine! Suspension Training® harnesses your own bodyweight to create resistance as you train. Build core strength with every exercise; work your whole body – all muscles, all the time in just 30 minute to 45 minutes! Beginner to advanced – you ARE the machine!

Triple Training: Cardio, strength, flexibility – what more could you ask for? All levels.

ZUMBA – Dance your way to fitness to HIGH ENERGY LATIN MUSIC. Not only will you burn tons of calories, you will have a blast doing it! Join the newest cardio class craze – DANCE, DANCE, DANCE! All levels.

Power Cycle: “Ain’t no mountain high enough” – come and climb on our LeMond Revmaster cycles. Intermediate to advanced.

Power Abs: Killer abs – and core in just 30 minutes. Lean and long muscles are the goal – enjoy a huge variety of abdominal strengthening exercises. All levels.

Kickboxing: Kick and hit your way to fitness in this bag and boxing glove class. Sweat away your stress, work out your frustrations – and get fit doing it! All levels.

Total Body: Resistance training for the whole body – lengthen your muscles for the “wow” factor!

Yoga: Enjoy a version of yoga – with some Pilates thrown in – to release your stress, stretch your body... and feel great! All levels

Cancer Management Class: From diagnosis through recovery and beyond – learn the correct way to workout and feel ...invigorated. Doctor’s permission is required.

Class sizes are limited - Call to reserve your space NOW! All classes require reservations, even last minute reservations. Class prices range from \$5 to \$10 plus tax – contact our front desk for details. FIRST CLASS FREE!