



2009 Class Schedule

www.ironworksfitness.org

	monday	tuesday	wednesday	thursday	friday
6am	blast <i>cindy</i>	bootcamp <i>john</i>	blast <i>cindy</i>	bootcamp <i>john</i>	blast <i>ed</i>
11:30	blast <i>cindy d</i>	buns & abs <i>lisa</i>	blast <i>cindy d</i>	buns & abs <i>lisa</i>	blast <i>cindy d</i>
12:00		bootcamp <i>patty/bruce</i>		bootcamp <i>patty/bruce</i>	
12:05	blast <i>cheryl</i>	core <i>brenda</i>	blast <i>cheryl</i>	core <i>cheryl</i>	blast <i>ed</i>
12:40	aaa all sport <i>lisa</i>	cardio kickboxing <i>ed</i>	step & muscle <i>ed</i>	aaa all sport <i>ed</i>	cardio kickboxing <i>ed</i>
1:15	blast <i>mary</i>	cardio kickboxing <i>ed</i>	blast <i>mary</i>	cardio kickboxing <i>ed</i>	blast <i>mary</i>
5:15		aaa allsport <i>ed</i>	blast <i>ed</i>	cardio kickboxing <i>ed</i>	blast <i>ed</i>

Workout FREE for a WEEK!
 Bring this coupon to the club and start working out today. Take classes or workout on your own.

name: _____

company: _____

Limit one coupon per person // Coupon Expires September 30, 2009

Call with questions...314.241.3488

For your convenience we offer;

- computerized check-in/no card to carry
- monthly/yearly towel service
- monthly/yearly locker rentals
- workout clothing & toiletries
- protein bars & healthy snacks

Our workout floor consists of the following;

- free weights
- selecterized equipment
- treadmills
- bikes
- ellipticals

Regular Membership prices

\$25/month \$60/3 months \$250/year

Each Additional Family Member Add

\$19/month \$50/3 months \$180/year

Corporate Membership Rates

Armstrong Teasdale Staff: \$15/month

Bryan Cave Staff: \$15/month

Commerce Bank Staff: \$15/month

Phoenix University Staff: \$15/month

TIAA-CREFF Staff: \$22/month

HOK Staff: \$22/month

Single day passes \$5 each day or 10 visits for \$30

