



Welcome BAMSL!

PRESENTED BY THE GATEWAY REGION YMCA at the DOWNTOWN MX!

August 1st - Guided Meditation with Michelle!

August 8th - Yoga with Julie!

August 15th - Nutrition Discussion with Michael!

August 22nd - Stretches and Form with the fitness team!

August 29th - Circuit Training with the fitness team!

Every Thursday in August at 4:00pm!

Call 314.436.4100 or Contact Michael.Federer@qwrymca.org for more information!

At the Downtown MX YMCA 605 Locust Street St. Louis MO 63101