

# Happy Thanksgiving!

## CHESTERFIELD STUDIO

**Wednesday:**  
*Classes as Scheduled*

**Thursday:**  
**8:15am & 9:15am**  
**Pilates Equipment**  
**Classes with Jodi**  
*(Space Limited - sign up in Advance)*

**Friday:**  
*Classes Resume*



## McCAUSLAND STUDIO

**Wednesday:**  
*Classes as Scheduled*

**Thanksgiving AM:**  
**9am Pilates**  
**Equipment Class**  
**with Lindsay**  
*(Space Limited - sign up in Advance)*

**9:30am Body**  
**Sculpt with Karen**

**Friday:**  
*Classes Resume*

pilates + yoga  
[www.pilatesyogastudio.com](http://www.pilatesyogastudio.com)

**Chesterfield Studio.....636.536.2222**  
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**McCausland Studio.....314.781.5050**  
1015 McCausland Ave. St. Louis, MO 63117