

A 10 percent discount is offered to seniors and employees of St. Anthony's for most classes. Please note that St. Anthony's Medical Center is a tobacco- and smoke-free campus.



## how to register

Unless otherwise noted in a course description, you may register for ALL classes by calling the new telephone number for local calls at **314-ANTHONY (268-4669)** or toll free at **800-554-9550**. Online registration also is available at [stanthonysmedcenter.com](http://stanthonysmedcenter.com). Space is limited. If a program fee is noted, advance payment is requested. St. Anthony's monitors enrollment to ensure there will be enough participants in each class. Fees are not pro-rated for missing classes.



DEC 2009-FEB 2010

**FITNESS CLASS CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p><b>9:15-10:15 a.m.</b> pilates mat class Jean Curtis</p>	<p><b>1:30-2:30 p.m.</b> senior strength and balance Sue Schulte</p>	<p><b>9:15-10:15 a.m.</b> pilates Jean Curtis</p>	<p><b>1:45-2:45 p.m.</b> tai chi for osteoporosis Kym Huie</p>	<p><b>8-9 a.m.</b> strength training Jean Curtis</p>
<p><b>1:30-2:30 p.m.</b> tai chi for diabetes Kym Huie</p>	<p><b>6:45-7:45 p.m.</b> body challenge shape-up Greg Brighton</p>	<p><b>10:30-11:30 a.m.</b> strength training Jean Curtis</p>	<p><b>4-5 p.m.</b> stability ball fitness Jean Curtis</p>	<p><b>9:15-10:15 a.m.</b> yoga Pam Koehrer</p>
<p><b>4:45-5:45 p.m.</b> yoga Lark Riehn</p>		<p><b>1:30-2:30 p.m.</b> tai chi for arthritis Kym Huie</p>	<p><b>5:15-6:15 p.m.</b> pilates Jean Curtis</p>	<p><b>10:30-11:30 a.m.</b> zumba Maria Rivera</p>
<p><b>6-7 p.m.</b> tai chi Lori Herres</p>		<p><b>4:30-5:30 p.m.</b> intermediate yoga Lark Riehn</p>	<p><b>6:30-7:30 p.m.</b> strength training for women Sue Schulte</p>	
		<p><b>5:45-6:45 p.m.</b> yoga Lark Riehn</p>		
		<p><b>7:15-8:15 p.m.</b> zumba Maria Rivera</p>		

**WINTER SESSION**  
(8 weeks) week of January 4-week of February 22  
  
All classes are held at St. Anthony's Medical Plaza, Suite 240 (Body, Mind, Spirit Center) 12700 Southfork.



>>> To register call **314-ANTHONY (268-4669)** or **800-554-9550**, or visit [stanthonysmedcenter.com](http://stanthonysmedcenter.com).

# All you!

St. Anthony's experts answer your questions



## FITNESS SPOTLIGHT

NEW CLASS

### Body Challenge Shape-up

Challenge yourself to achieve a greater fitness level by learning and doing a different kind of exercise each week. Workouts will include aerobics, strength training, core fitness, balance and stretching. Burn calories, increase stamina and endurance, and tone and strengthen muscles. You will be challenged, you will never get bored and you will be in much better shape when you finish!

#### TO REGISTER

Cost is \$60 per class for an 8-week session (10 percent discount is given to seniors and employees and those taking two or more classes). Payment is requested at least one week in advance of the class. Payment is encouraged at the time of registration. Call **314-ANTHONY (268-4669)** or toll free **800-554-9550**. Or register online and see a full description of fitness classes at [stanthonymedcenter.com](http://stanthonymedcenter.com).

## Expanded Valet Service

When I visit my doctor on your campus, I always appreciate the valet service you offer. Can you begin that service at your new Heart and Surgical Pavilion?

—D.B., CRESTWOOD

We just did! St. Anthony's Medical Center is pleased to announce that valet service at the south entrance of our hospital for the Heart and Surgical Pavilion began in July. The FREE service operates from 5:30 a.m. to 8 p.m., Monday through Friday. And, you're correct, free valet service also is available at the main entrance of the hospital, as well as at the front of Medical Office Buildings A and B.



## Above and Beyond

I want to compliment St. Anthony's for opening a new Ortho-Spine Center. I recently had total knee replacement and can tell you what a great staff you have. They always made sure I had what I needed—and made it possible for my husband to visit in comfort. Everyone went well beyond their job duties to help me.

—K.C., SUBMITTED VIA E-MAIL

My mother-in-law said she recently saw an article that called St. Anthony's Gift Shop the "boutonniere capital" of South County? What is that about?

—J.B., EUREKA

Your mother-in-law is correct. St. Anthony's is one of the very few medical centers in the St. Louis area that has its own full-service, in-house floral department. In addition to being a popular spot for visitors and employees of the medical center, St. Anthony's Gift Shop is the source of boutonnieres for students from some 36 different high schools around the area—and the floral department even has its own signature corsage!

## Share With Us!



**IDEAS, QUESTIONS OR SUGGESTIONS?** We welcome your input in helping us deliver the best care to every patient, every day. We'll use the next issue of *Your Health Today* to respond to submissions that may benefit all members of the community we serve! You can reach us by e-mail at [AllYou@samcstl.org](mailto:AllYou@samcstl.org), by mail at St. Anthony's Medical Center, Attention: All You!, Marketing, 10010 Kennerly Road, St. Louis, MO 63128, or by calling **314-ANTHONY (268-4669)** or **800-554-9550**.