



AT THE

*Chase Park Plaza*

FITNESS. WELLNESS. BALANCE

- Exquisite, Spacious 18,000 Sq. Ft. Design
- 40 Complimentary Group Fitness Classes
- Beverages
- WIFI
- Entertainment
- Personal Viewing Screens
- Complimentary Locker Service
- Complimentary Covered Parking
- Personal Lifestyle Assessments
- State-of-the-art Fitness Equipment
- Personal Fitness Training
- Personal Pilates Sessions
- Nutritional Counseling
- Luxurious Locker Rooms & Amenities
- 4 Group Exercise Studios
- A Variety of Group Classes Including Pilates, Yoga & Group Cycling
- Massage Services
- Student Rates Available

**CLUB HOURS**

|                   |                    |
|-------------------|--------------------|
| Monday – Thursday | 5:30 am – 10:00 pm |
| Friday            | 5:30 am – 9:00 pm  |
| Saturday          | 7:00 am – 7:00 pm  |
| Sunday            | 8:00 am – 6:00 pm  |

Located on the lower level of  
The Chase Park Plaza

212 N. Kingshighway Blvd.  
St. Louis, Missouri 63108

P (314) 633-3020 // F (314) 633-3077

[www.SanteChase.com](http://www.SanteChase.com)



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**PROGRAM GUIDE**

**WINTER 2012**



Welcome to Santé Fitness and Wellness  
at The Chase Park Plaza!

As we look forward to the promise of a New Year, I extend my thanks to you for choosing Santé to meet your fitness and wellness needs. The French clink a glass together and exclaim “Santé!” “To your health!” Our professional fitness staff ensures that it is your overall health that comes first. We offer the personal attention required to find the balance needed for a life of longevity, energy and happiness. How can we assist you along the path of your personal fitness regimen? Please don’t hesitate to let me, or any member of our professional team, know. It’s our passion! A passion we would love to share with you.

To your health,

Eric Abts, General Manager



**ERIC ABTS**  
General Manager  
ext. 3019



**MICHELLE MURPHY**  
Member Service Supervisor  
ext. 3023



**ANGELA LAROCCA**  
Membership Director  
ext. 3018



**CHRISTY SILVERMAN**  
Group Exercise Coordinator  
ext. 3026

At Santé, our team of trainers is dedicated to helping you exceed your personal fitness and wellness goals. Personal training at Santé is more than just a series of training sessions. Our diverse team of fitness professionals will prepare you for your life, whether your goal is to run and move without pain, to lose weight, or to compete in a triathlon!

- How do I find the motivation to workout?
- Do I need an individualized program?
- How can I maximize my time in the club to get the best workout possible given my busy schedule?
- How do I vary my routine to include something new?
- I'm new to fitness. Where do I begin?
- Will I ever break through this plateau?
- How do I work out safely given my medical history?
- Will a new set of skills enhance my training experience?
- What is the best way to exercise if my goal is to lose weight?

At Santé, our certified and experienced fitness professionals understand these challenges and offer customized programs designed to help you meet and exceed your goals.

**SCHEDULE YOUR COMPLIMENTARY ASSESSMENT AND FIRST WORKOUT TODAY!**

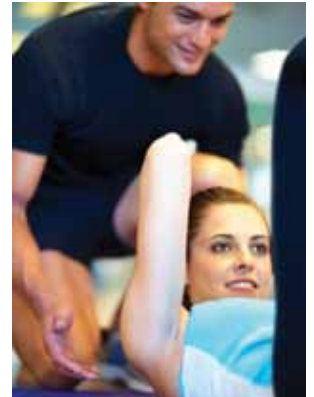
Call our Membership Director, Angela LaRocca, at (314) 633-3020 to get started.

**INDIVIDUALIZED PERSONAL TRAINING (1-ON-1)**

Working with one of our Personal Trainers gives you the opportunity to design a training program customized to your unique goals. Whether you want to achieve a particular physical goal – touching your toes or running a marathon – or your focus is on the myriad of other issues that affect health and well-being, from nutrition to sleep habits, or other critical lifestyle patterns, the team at Santé is ready to help. Our Membership Director will help you identify your goals and match you with the trainer best suited to create a motivating and comfortable client/trainer relationship, one that will ensure your success!

**SMALL GROUP TRAINING (2-4)**

It's the best of both worlds: Share the cost of Personal Training with other members while enjoying the benefits of individualized coaching, and the motivation and challenge of a small group setting. Small group training integrates flexibility, balance, core, strength and power. Our fitness experts use a variety of equipment including cables, free weights, stability balls, Bosu trainers, heavy ropes, kettlebells and sandbags to ensure an ever-changing and challenging workout.



**TRX® TRAINING**

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. Leveraging gravity and your body weight, training with the TRX system offers hundreds of exercises designed to meet your every fitness goal. At Santé, we offer TRX training on an individualized basis or as one of our many complimentary group exercise classes.

**PILATES REFORMER TRAINING\***

The complete Pilates workout, allowing you to personalize your program with varying degrees of assistance and resistance using Balanced Body Reformer equipment. Individual or small group sessions available and are fee based.

**PRICES**

Personal training sessions are one hour in length and vary in price. Enjoy significant savings when you purchase training in packages of three to 50.

## GROUP FITNESS CLASSES

### **30 CYCLE 30 SCULPT**

A fun and challenging workout giving you 30 minutes of cardio cycling and 30 minutes using the ball and free weights for strength — a great combination for a full hour workout.

### **45 CYCLE 30 TRX**

45 minutes of cycling to great music for a full body cardio workout. 30 minutes of TRX for those who sign up in advance. TRX limited to five participants.

### **CYCLE**

This cardiovascular intense class utilizes cycling bikes to build endurance, stamina and tones muscles. Energetic music and instructors make this class a blast. All levels are welcome.

### **ENERGY SCULPT**

This 55 minute intense class will tone your entire body using dumbbells, barbells and steps. The class focuses on high repetition movements and bursts of cardio that will define muscles without adding bulk.

### **FIT CAMP**

This class combines strength and agility training, low intensity cardio and core stability to improve your overall health and physical appearance. Use a combination of body weight and equipment to challenge your body.

### **FITNESS KICKBOXING**

Combines techniques from the martial arts, including boxing, basic Thai kickboxing techniques, resistance training, strength, cardio conditioning and flexibility training.

### **INTERMEDIATE YOGA FLOW**

A 90 minute yoga class to challenge your strength, balance, and flexibility. Practice some of the more challenging yoga poses and grow in your yoga practice.

### **ON THE BALL**

Get a great balance, strength, and core stability workout all at once using the ball! This 55 minute class of non-traditional exercises will tone and shape your entire body.

### **PILATES (MAT)**

This class is a systemic way to achieve optimal stretch, tone, flexibility, and posture. Pilates emphasizes maintaining a neutral spine and natural pelvic alignment and their relationship to core stability and peripheral mobility. All levels are welcome.

### **PILATES FUSION**

A fusion of classic Pilates mat exercises with stretching, core work, and movement. All levels are welcome.

### **PILATES SCULPT**

A Mat Pilates class incorporating light weights and resistance training to sculpt and tone the body.

### **PILATES SLEEK**

Strengthen, tone, and stretch like the celebrities do. The purpose is to re-engineer your muscular structure, wake up accessory muscles, and pull in your larger muscles in order to shift your shape. This is a challenging and low impact regimen that will produce a long and lean body.

### **POWER FIT**

This challenging 55 minute class incorporates explosive full body movements to improve your overall fitness, strength, and endurance. Some body movements in this class incorporate free weights, while other movements may use a simple obstacle.

### **POWER YOGA**

Build strength and power through the continuous movement and power poses of this yoga class. Power Yoga is an athletic approach to your typical yoga practice.

### **RELAX & RENEW YOGA**

A vinyasa flow class designed to leave you feeling energized and rejuvenated. The ultimate “stress reliever” with asanas and sequences designed to detoxify your body leaving you a little sweaty, but energized. A longer savasana will be available for those looking for extended relaxation. For people with lots of experience or little to none!

### **TOTAL BODY CONDITIONING**

Cardio and Resistance Training targeting all major muscle groups! This fun and effective low impact workout is for all fitness levels. Work hard, sweat, and have fun!

### **TRX®**

Suspension training leverages gravity and your body weight to develop strength, balance, flexibility, and core.

### **YOGA FLOW**

This Yoga class builds strength and flexibility with continuous and progressive yoga poses. All participants experience relaxation and balance of the mind, body and spirit. All levels are welcome.

### **YOGA STRETCH**

A yoga class that coordinates balance and breath with a strong focus on stretching and lengthening the body. Holding poses for an extended time allows you to experience the full benefits of each exercise.

### **ZUMBA**

Join the ultimate infusion of party fun and fitness through Zumba. A mix of Latin and international music with Salsa, merengue, samba, belly dancing, cumbia, flamenco, reggaeton, and more!

### **ZUMBA LITE**

The lower intensity version of Zumba! A great class for beginners, yet still all the fun and heart-pumping cardio of the original Zumba.

## Pilates

The low impact nature of the Pilates workout, coupled with its emphasis on the quality of movement makes Pilates perfect for any age, body type or fitness level. Pilates teaches balance and control of the body, and that capacity spills over into other areas of one's life. Santé offers the following Pilates classes and sessions:



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## Yoga

Regular yoga practice will help harmonize mind, body and spirit, while you increase strength, improve flexibility, relieve stress and create balance in your body. Santé offers the following yoga classes:



### RELAX & RENEW YOGA

A vinyasa flow class designed to leave you feeling energized and rejuvenated. The ultimate "stress reliever" with asanas and sequences designed to detoxify your body leaving you a little sweaty, but energized. A longer savasana will be available for those looking for extended relaxation. For people with lots of experience or little to none!

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Massage

Relieve muscle tension, release toxins, stimulate the nerves and glands, increase circulation, and reduce soreness and fatiguing muscle injuries. Whatever your goal, you will enjoy being pampered by one of Santé's trained massage therapists. Incorporate massage into your regular health routine and begin feeling the benefits immediately. A variety of massage services are available, and each session is customized to meet your relaxation goals:



**PERSONALIZED MASSAGE**

Let us create a customized massage experience based on the Aveda Elemental Nature philosophy and your favorite Aveda aromas. Depending upon your needs, a variety of massage techniques will be utilized.

30, 60 and 90 min. sessions

**SWEDISH MASSAGE**

This classic, full-body massage uses soothing, relaxing strokes to promote balance and harmony.

30, 60 and 90 min. sessions

**DEEP TISSUE MASSAGE**

With a focus on realigning deeper layers of muscle and connective tissue, this massage relieves chronically tense and contracted areas.

60 and 90 min. sessions

**REFLEXOLOGY**

Treat your feet, hands and ears to reflexology. By massaging specific points in these areas, the related body part is stimulated, encouraging self-healing and promoting balance.

30 min. session

Additional massage services are available upon request. Massage services are available by appointment only. Santé members receive a 10% discount.

**JUMP START YOUR NEW YEAR 2012 EXPO**

Sat., January 7th

8:00 am – noon

Group Exercise Class  
Medley, Exhibitors,  
Chair Massage, Food  
& Beverage, Prizes.

**WEIGHT LOSS**

**EVOLUTION**

Sat., January 14th

11:00 am – noon

Fitness professional  
Alex Born discusses how  
to incorporate the Paleo  
diet into a healthy lifestyle.

**7 WEEKS TO**

**A BETTER YOU**

Mon., January 16th

Fitness, Cardio, Nutrition,  
Determination, Results.

\$199 for members.

**THE COUPLE THAT CYCLES TOGETHER♥**

Wed., February 8th

5:45 pm

Bring your better half  
and sweat it out with  
your sweetie. Your  
guest is complimentary!

**PARTNER YOGA♥**

Sat., February 11th

10:00 am

**Zodiac Ballroom**

Enjoy hot teas, exotic  
fruits, and cucumber water  
during this refreshing  
and renewing yoga class.

Guests are complimentary.

**LADIES' NIGHT♥**

Mon., February 13th

7:00 pm

**Starlight Ballroom**

Valentine's Day  
Preparation Fitness Class.  
Bring your heels and get  
ready to move. That's  
about all we can say!

**STRENGTH TRAINING PROGRAM♥**

Mon., February 13th

Pack on muscle, get  
strong, stay lean – we  
have the answers you  
have been looking for.  
\$199 for members.

**HEALTHY HEART...**

**FROM THE INSIDE OUT**

Sat., February 18th

11:00 am – noon

Dr. Ken Rybicki  
discusses healthy  
heart tips followed  
by a Q&A session.

**CHOO CHOO RIDE**

Sat., February 25th

9:00 am – noon

Calling all cyclers! Come  
ride in our indoor cycling  
marathon. All proceeds  
benefit Friends of Kids  
with Cancer. \$50 minimum  
pledge for one hour, \$100  
for two hours, \$125 for all  
three hours!

♥ All members who participate in our Valentine's Week Events will be entered in a raffle for a Chase Park Plaza Santé Sweetheart package: One Night in a Suite, Bottle of Champagne, Dinner for Two, Couples Massage, Two Movie Tickets, Valet or Self Parking (A \$479 value!)