

keep

MOVING

with Emily



ADAPTIVE MS FITNESS CLASS

Join Emily Reilly, certified personal trainer and person living with MS for a fun adaptive workout and chance to connect with others in the MS community.

***Bring:**

-Weights

-Your own sack lunch for social time after workout!

[**REGISTER HERE**](#)

WHEN: 3rd Saturday of each month
(May, June July, Aug & Oct) **NO SEPT CLASS**

TIME: 11AM- 1PM

WHERE: Center of Clayton
50 Gay Ave Clayton MO 63105

COST: Free



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