



**GATEWAY ARCH PARK
FOUNDATION**

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Four Weeks Remain of Free Sunrise Bootcamp in Kiener Plaza

WHAT: Free, Thursday morning [Sunrise Bootcamp](#) classes in Kiener Plaza hosted by Gateway Arch Park Foundation and Citra Fitness & Movement wrap up on June 30.

WHEN: Thursdays, June 9, 16, 23 & 30 from 7 – 7:45 a.m. (weather permitting)

WHERE: Kiener Plaza, 500 Chestnut St., St. Louis, MO 63101

DETAILS: Move at your own pace through a series of bodyweight exercises and cardio bursts designed to challenge your body and get your muscles burning. Expect a fun and heart-pumping class!

Participants must sign a waiver and are encouraged to do so [online](#) in advance. In the event of inclement weather, visit the Gateway Arch Park Foundation [Facebook page](#) for class cancellation announcements.

This summer series is free and open to the public. Gateway Arch Park Foundations hosts Sunrise Bootcamp (and its companion series, [Sunrise Yoga](#)) as part of its mission to bring accessible, fun and innovative events to the St. Louis community. Support free St. Louis programs like this by [making a donation](#) or [becoming a Gateway Arch Park Foundation member](#)!

For more information, visit archpark.org/events/sunrise-bootcamp.

If you're interested in attending a class or speaking with someone from the Gateway Arch Park Foundation and Citra Fitness & Movement, please contact Nicole Schulenburg at nicole@commongroundpr.com.

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