

***St. Louis County Library***      ***News Release: June 26, 2007***  
**Contact: Jennifer McBride, (314) 994-3300 or [jmcbride@slcl.org](mailto:jmcbride@slcl.org)**

## **Tesson Ferry Branch Offers Free Ramping and Step Classes**

**Tesson Ferry Branch  
9920 Lin-Ferry Drive  
St. Louis, MO 63123  
314-843-0560**

**Saturday, July 21, 2 p.m.  
Ramping**

Join us for an aerobic workout that imitates walking. Suitable for all levels, this class targets the hips, hamstrings and glutes by using “The Ramp.” Explore this introductory class being taught by an instructor for the South County YMCA. Learn another interesting way to get your daily walking steps in. Class size is limited.

Call 314-843-0560 to register. Free.

**Saturday, Aug. 18, 2 p.m.  
Step**

Join us for this great workout for improving cardiovascular fitness using “The Step.” Explore “The Step” with an instructor from the South County YMCA who will teach this introductory class. Class size is limited. Call 314-843-0560 to register. Free.

This program is one in a series of free health and fitness programs that will be held throughout the year at the South County branch locations of the St. Louis County Library. For more information, click on Walkabout/Readabout: A Walking and Reading Program at [www.slcl.org](http://www.slcl.org).

###

