



**GATEWAY ARCH PARK
FOUNDATION**

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**Break a Sweat in Kiener Plaza This Summer During Weekly
Sunrise Yoga and Bootcamp**

Tuesday and Thursday morning classes are hosted by Gateway Arch Park Foundation and led by Citra Fitness & Movement

ST. LOUIS (April 26, 2022) – Get up and get moving in Downtown St. Louis with free [Sunrise Yoga](#) and [Sunrise Bootcamp](#) classes all summer long! Gateway Arch Park Foundation and Citra Fitness & Movement will host a 45-minute, all levels yoga class every Tuesday morning from May 3 through October 18 and a 45-minute bootcamp every Thursday from May 5 through June 23.

Classes begin at 7 a.m. each week in Kiener Plaza, weather permitting. Participants must sign a waiver of liability and are encouraged to do so [online](#) in advance to help ensure they can begin class promptly. In the event of inclement weather, visit the Gateway Arch Park Foundation [Facebook page](#) for class cancellation announcements.

"We're proud to bring these free wellness programs back to Kiener Plaza and continue to contribute to Downtown St. Louis' vibrancy," said Ryan McClure, executive director of Gateway Arch Park Foundation. "Programs like this are part of our mission to bring accessible, fun and innovative events to the St. Louis community, and we're grateful to all our Foundation members and partners who help make this possible."

These two summer series are free and open to the public. Support free St. Louis programs like this by [making a donation](#) or [becoming a Gateway Arch Park Foundation member](#)!

Sunrise Yoga produced by Gateway Arch Park Foundation and led by Citra Fitness & Movement

Awaken your body and bask in the morning sunlight! This gentle yoga practice is designed to energize and align your body and mind through movement and breath.

WHEN: Tuesdays, May 3 through October 18; 7-7:45 a.m.

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

COST: Free and open to the public.

FOR MORE INFORMATION: Visit archpark.org/events/sunrise-yoga.

Sunrise Bootcamp produced by Gateway Arch Park Foundation and led by Citra Fitness & Movement

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!

WHEN: Thursdays, May 5 through June 23; 7-7:45 a.m.

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

COST: Free and open to the public.

FOR MORE INFORMATION: Visit archpark.org/events/sunrise-bootcamp.

About Gateway Arch Park Foundation

Gateway Arch Park Foundation is the official philanthropic partner and conservancy for Gateway Arch National Park. Its mission is to ensure the Gateway Arch, its grounds, neighboring public spaces, and attractions are a vital, welcoming, well-supported resource to the community and nation for generations to come. The Foundation is part of an alliance that helps meet this mission, which includes the National Park Service, Bi-State Development, Great Rivers Greenway, Jefferson National Parks Association, and the City of St. Louis. For more information, visit ArchPark.org.

About Citra Fitness & Movement

Citra Fitness & Movement is an aerial yoga and Pilates business led by owner Nicole Coglianese. Coglianese is a certified yoga and Pilates instructor with an eclectic background in business, social sciences, education, and law. She recently returned to St. Louis by way of Houston and Austin, Texas, where she completed her Pilates and yoga certifications and taught full time as she furthered her education on movement and the body. She offers private sessions as well as Reformer Pilates group classes designed to challenge your body and mind. Find Coglianese around St. Louis at her fitness-based events and classes. For more information, visit citrafitness.com and follow Citra on [social media](#).