GATEWAY ARCH PARK FOUNDATION

VIEW 630’

SPRING 2023
Did you know?

In the 1960s, Silas Grifton Garrett, Jr., a Black World War II veteran and U.S. Army engineer, was working near the Gateway Arch during its construction. One day, he noticed a flaw in the otherwise impeccable architectural design: it was missing a light at the top.

As a former pilot, Garrett knew the importance of having a guiding light on such an immense structure. The National Park Service eventually approved his proposed concept and asked him to supervise the lighting system’s installation. When recounting the tale to KSDK, his daughter Celeste said he spent hours “tinkering” in the garage and producing hosts of drawings on graph paper. He made at least 13 trips to the top of the Arch to supervise, never with a harness, she said, and after the installation, he returned more than 25 times for updates and routine maintenance.

Garrett died in 2015, but his legacy lives on. Today, there remains a bright red beacon of light beaming from the top of the Gateway Arch. Garrett’s original light was replaced with a more efficient LED in 2013, but visitors to the Museum will find the original proudly shining from the top of the Keystone exhibit in the tram lobby.

Picnic IN YOUR PARK

Sunday, June 11, 2023

Gateway Arch Park Foundation Friends Advisory Board invites you to celebrate the beauty of Gateway Arch National Park at the third annual Picnic in Your Park benefit to raise awareness and critical funds for park conservation, education, and community programs.

Purchase your basket by June 1 at archpark.org/picnic.
Welcome back to the View 630°! I’m thrilled to report some great news on behalf of everyone at the Arch Alliance: our hometown national park saw a 41% increase in attendance in 2022 compared to 2021! Visitation grew by nearly 475,000 from about 1.15 million to approximately 1.62 million.

And attendance in 2023 is off to a strong start, with the highest January tram ridership in 17 years and a 24% increase in visitation over 2022 in the first quarter of the year.

While we haven’t yet seen a full return to pre-pandemic tourism levels, these trends are incredibly encouraging. As conferences and business travel continue to rebound, we anticipate a similar rebound with guests coming back to the top of the country’s tallest monument and, we hope, joining us for some of our signature events, too.

Together with the National Park Service, we also kicked off the year by breaking ground on the long-anticipated Old Courthouse renovation, the final component of the CityArchRiver project that transformed the Arch grounds, Museum, St. Louis Riverfront and Kiener Plaza. After experiencing pandemic-related delays, we’re proud to be able to tell you that construction on the Old Courthouse is now well under way, and we’ll soon have a landing page on our website where you can follow the progress along the way.

Speaking of our website, our livestreams from the top of the Arch continue to be experienced by viewers across the U.S.; in 2022 the webpage represented about 20% of all our web traffic! This technology was first implemented when the Arch closed in 2020 due to Covid-19, and it’s exciting to see how this service has evolved to continue “welcoming” people to the park.

As we look forward to the summer months, our programming and events season is about to launch in full force. We’re offering more Sunrise fitness classes than ever, a new concert over Memorial Day weekend, plenty of volunteer opportunities for groups and individuals, and a fantastic lineup of artists and vendors at our Blues at the Arch Festival this August.

As you know, none of this would be possible without your steadfast support. Whether you’re a member, a sponsor, a volunteer, an event attendee or just a proud St. Louisian following along, we are grateful for your trust in us as we strive to make St. Louis’ front door the best it can be for our community and for visitors the world over.

Up next, I invite you to join us at our third annual Picnic in Your Park benefit, and as always, please contact us if you have feedback or would like to get involved in a new way.

With gratitude,

Ryan B. McClure
Executive Director, Gateway Arch Park Foundation
On January 31, more than 100 community members and civic leaders joined us and the National Park Service for a groundbreaking ceremony to commence the historic renovation of the Old Courthouse.

Lynne Jackson, president & founder of the Dred Scott Heritage Foundation and great, great granddaughter of Harriet and Dred Scott spoke at the ceremony, saying, “We're getting to share a deeper part of their story... you see a truer story being told.”

City of St. Louis Mayor Tishaura Jones remarked, “As we break ground on this important project, on the eve of Black History Month, let us remember both what this building represents, and how these renovations will make sure the Old Courthouse remains a destination for education and learning for generations to come.”

Foundation executive director Ryan McClure and Superintendent Jeremy Sweat of Gateway Arch National Park also gave remarks.

The program closed with a spoken word and choral performance by Sumner Performing Arts group and a commemorative activity encouraging all attendees to reflect on their “new vision” for the Old Courthouse.

Follow the renovations on our website at archpark.org.
LOOKING FORWARD

Picnic in Your Park

Sunday, June 11 | 11 a.m. to 1 p.m.
North Gateway, Gateway Arch National Park

Our third annual Picnic in Your Park, hosted by our Friends Advisory Board, returns in June to support our work of park conservation, preservation, education and community programs.

Picnic goers will receive a deluxe or classic catered meal by Butler’s Pantry, complete with 4 Hands Brewing Co. beverages and an insulated basket.

By popular demand, the Red & Black Brass Band will be making a return. And thanks to the generous support of the St. Louis Cardinals, Picnic goers will have access to exclusive discounts to tickets against the Cincinnati Reds later that afternoon.

Get your tickets by June 1! We’ll see you in the park!

I’m ready to picnic!
Born and raised in St. Louis, Niaz Kahn has been obsessed with the Arch for as long as he can remember.

Today, Kahn is the director of people technology and analytics for Coursera—he’s the company’s sole employee in Missouri—and is a proud member of the Foundation’s Friends Advisory Board (FAB).

The FAB is a group of young, St. Louis professionals charged with raising awareness and funds in support of our mission, and the group hosts the Foundation’s annual Picnic in Your Park benefit, this year happening on June 11. Kahn has been involved in Picnic’s execution since the beginning, helping ensure its success.

We sat down with him to talk about what Gateway Arch National Park means to him and why he supports the Foundation’s mission.

What inspired you to join the FAB?
It all stemmed from my childhood, just an obsession with the Arch, with the structure. My family emigrated from Bangladesh to St. Louis; still having family and friends there, we would always get lots of visitors. Every single year people would come to visit us. That was the excuse to get to go Downtown to the Arch and go up the tram, experience the Museum and enjoy the park and the riverfront. So that’s what started it all.

When I was fresh out of college and starting my first professional job, I bought a loft in Downtown West, and at that time I was an avid runner. Every morning I would start my day off with a run, going from 20th and Washington down to the Arch, and during that time, around 2013,
I think, I realized that the park grounds were going through the transformation that we enjoy right now. And it got me thinking what else could I do to help support not just the Arch but the overarching area? And it’s just always been in the back of my mind.

From there, I joined the Regional Business Council’s Leadership 100 program while I was at Commerce Bank, and an opportunity became available to join the [Foundation] board. I jumped on it, I didn’t even think about it, it took seconds or minutes, and two short weeks later I met with Amanda and joined in February of 2021.

What keeps me passionate about it is being able to share that same lived experience. [As a child] I only had been able to go and enjoy the Arch and park grounds whenever family was in town; that all changed when I moved closer to the Arch, but it hasn’t changed since I moved away from the Downtown area. Even though I live in the suburbs now, I still make an effort to see, enjoy and bask in the glory of the park. My wife works at SLU Hospital, so after I began working fully remote at home, a lot of days I’ll drop her off and then go and watch the sunrise at the park and just meditate, journal and enjoy the sunrise.

I want to help push people out there and not just have it there for visitors and people passing by. I think it’s something the overall community needs to take advantage of, as well.

What have you enjoyed most during your time as an FAB member?
The dedication. When I hear Amanda, Alissa and the entire team speak about our Arch and about our park grounds, everyone is so passionate about it, and there’s a genuine interest from them to keep the park alive and to grow it and make it even better. That passion is real.

It’s a nice group to be a part of; everyone is just so welcoming. You don’t find that everywhere. The group is bigger than it’s ever been—bigger isn’t always better, but at the same time, it’s people who are not just doing it for the sake of doing it. Everyone has their own ‘why’ around what the Arch means to them and what excites them about it. It’s cool to hear each and every one of their experiences and what they’re trying to accomplish.

It’s also just really cool to be able to do Picnic and help with that. I’ve been able to attend both years. Amanda and Meagan have done an amazing job assembling the volunteers and making things happen from the operational side.

We learned so much from that first year in the sense of what to do, what not to do. For example, let’s make sure all the sprinklers are turned off! But also it was super hot that day so I appreciated it! Let’s make it more interactive, let’s bring in music, bring in games, let’s include parking, let’s partner with the St. Louis Cardinals. It’s continuously getting better and better. And the picnic baskets are awesome; those alone are worth it. The food is so good, too, from Butler’s Pantry. My wife and I get the deluxe with the most portions, and we just snack on it.

What do you find most compelling about the Foundation’s mission?
To me what’s most important, no. 1—when I look at the Arch, I look at it in the sense of—it’s an engineering marvel. There is no other arch in the world that was structured the way it was and when it was. You had engineers and architects and builders defy all odds with only tools. I just find it super inspirational. But no. 2, it has a certain way of welcoming you as you drive in from the east to the west. Not to be cheesy, but yeah, it is the “gateway to the West”—you aren’t going to be welcomed like this in any other land in any other city. When you’re driving back and you see the Arch, it’s just home. To me it just fills up my heart.
In 2022, the Foundation expanded its partnership with Gateway Arch National Park through a new undertaking: funding two permanent, full-time National Park Service (NPS) education specialist positions.

As an NPS philanthropic partner, the Foundation has been involved in education at the park for some time through the Journey Fund and by supporting programs like Reading with a Ranger and Paddle Your Park. This expansion will continue to further the opportunities that students and teachers have while visiting the park, and the two new NPS team members hired in the fall are sure to make those visits enriching.

We caught up with Gateway Arch National Park’s education director Matt Easley and the new education specialists, Ray Brundege and Rebekah Kell, to learn more about their roles and goals at the park.

Getting to Know the New Education Specialists

Before joining Gateway Arch National Park’s team about six months ago, Ray Brundege was the anti-terrorism program manager at Scott Air Force Base. He had accepted that job after being a park ranger in state parks in North Carolina at Hanging Rock State Park and Tennessee at Burgess Falls State Park and Window Cliffs State Natural Area. Over the years, he had volunteered a little with NPS but says he mostly volunteered in state parks, military museums and United Service Organizations (USOs). He was drawn to parks because of a love of history and of the outdoors.

“And the fact that you get to do both in one entity is pretty awesome,” he said.

“I was drawn to Gateway Arch National Park because I love the location and the Old Courthouse,” he continued. “It broadens my abilities in parks and recreation by being in an urban setting; Gateway Arch National Park has everything—it is cultural, recreational and natural.”

Coming from the East Coast and his wife from the West Coast, Brundege appreciates St. Louis’ centralized location.

“I’ve always loved St. Louis,” he said. “My dad’s originally from Missouri, so I’m a huge Cardinals fan and have been my whole life. I love the history of it.”

Outside of this park, Brundege says his other favorite national park sites are Harpers Ferry National Historic Site, Shenandoah National Park, Congaree National Park, George Washington Memorial Parkway and Big South Fork National River and Recreation Area.
“Every major life event or decision I have ever made has either had a state or national park tied to it in some way, shape or form,” he said.

Rebekah Kell, on the other hand, has a teaching background and had her first professional park experience completing the internship program at Gateway Arch National Park. She learned about all the opportunities within the National Park Service and was interested in joining as a permanent member when the education specialist position opened.

“Being able to be involved and create educational products and programs that can reach a lot of different areas and underserved communities was a draw for me,” she said.

Kell is a native St. Louisan and appreciates the Arch as a representation of the people here.

“Everybody collectively just loves the Arch so much; it’s just that broader sense of community. Every area in St. Louis is so different, and there are so many municipalities, but then there are those big things that make you truly a St. Louisan that tie everybody together.”

On the Job

Brundege and Kell have hit the ground running leading educational opportunities and embracing interaction with the public.

One of Kell’s favorite experiences so far has been with the Every Kid Outdoors program, in which rangers go into the classrooms for “pre-visits” before students visit the park. During the pre-visit, rangers introduce them to the National Park Service and discuss what to expect during their field trips.

“They come here about a week later, and they’re always excited to see whoever they’ve seen in the classroom, so that’s really rewarding,” she said.

“I love being on the floor, working the theater desk,” Brundege said. “I’m a big fan of when the kids come here, showing them around even if they aren’t scheduled for a ranger tour, or if the teacher looks lost, I can help.”

Brundege says he loves the research aspect of the position, too, researching the history and natural sciences of Missouri and Illinois.

“Even though my background is in history, my first two parks were natural science parks, where the staff were very much ‘weeds and seeds,’ so I’m a huge civilian conservation corps fan, and I’m an Illinois state naturalist apprentice. Being in an urban area, I’ve really enjoyed learning about the WPA [Works Progress Administration, a New Deal Agency whose workers helped site preparation for the Jefferson National Expansion Memorial], as well, and civil rights cases, too.”

Favorite part of the Museum?

“For me, it’d be Colonial St. Louis or Manifest Destiny,” Brundege said, referencing two of the six permanent galleries. “Jefferson’s Vision is very pleasing to the eye and very spread out.”

“I really like the [French colonial log] cabin and that it highlights Jeanette Forchet,” Kell said. “I’m from here and had never heard about her until I got into the Museum. I also really like the Old Rock House; it’s just such a unique thing and it’s actually here.”

Asked what St. Louisans would be most surprised by at the park, both referred to historical events featured in the Museum.

“The Battle of St. Louis,” Brundege said. “I think I said in my interview I was really stoked about that.”

“The historic ownership of St. Louis—it changed hands three different times,” said Kell. “A lot of the French influence can still be seen in St. Louis, but it’s not front-facing, and a lot of people are surprised by that.”

Cultivating Curiosity,Forging a Vision

Easley says that as a national park, the educational programs have naturally focused on social studies and history, but that he believes the ground is fertile for more STEAM (science, technology, engineering, art and math) elements, with arts, sciences and engineering going hand in hand. He shares examples of new ideas Kell and Brundege are exploring for future programming around themes of engineering and writing.

“Nobody ever really talks about engineering throughout the course of history,” Kell said. “In each [Museum] gallery, there’s a piece of something that has been engineered. There’s the [colonial] house and the Norman truss (a distinctive form of roof support used in Normandy), the teepee is its own thing as kind of an engineered structure. And then you have the steamboats, the stagecoach. You have Eads Bridge, and then you obviously have the Arch. And they kind of all fit into a theme: the first two galleries are dwellings, the...
next two are forms of transportation, and the next two are landmarks.”

Brundege is currently working on a project he calls “Lewis’ Living Journal,” using a spreadsheet to track and review all the plants Lewis documented across his journals, while also incorporating the journals of other members of the expedition, such as Patrick Gass. (Gass, he says, doesn’t get enough credit for his contributions—“for a layman, you can’t get any better.”)

“I’ve tied Native Americans into it, too, because they knew about it before Lewis; he just happened to document it,” he said. “So how the plants tie into the Native American uses … and looking at the medicinal aspects of some stuff they used and Lewis used, and do we still use it today?”

Brundege wants to create more opportunities for visiting students to get outside on the grounds and journal themselves, and he hopes to create stronger connections with folks who are learning about the Lewis and Clark expedition at the park outside of school settings, as well.

“I hope that by creating educational programs and doing student outreach, I can educate students about our park and the National Park Service as a whole and also hopefully foster a continued sense of curiosity in the parks and the world around them,” Kell said.

The students certainly have curiosity. When discussing the best question they’ve received, Brundege said one fourth-grader wrote a letter to ask “how babies were made going West on the trail.” “Of all the parks I’ve worked at, it’s going to be hard to top that.”

Easley says that before hiring Brundege and Kell, he had the usual nervous anticipation about whether he would find the right people for the roles, but he’s absolutely thrilled with the picks.

“They both bring an incredible depth of experience—it’s very diverse,” he said. “It’s going to be incredibly beneficial to the education department and the park in general. As we move forward and look to grow, the sky is the limit.”

**Gateway Arch National Park**

**As everythin’ it is cultural recreational and natural**

**Courage to Seek Justice**

Gateway Arch Park Foundation
MEET THE TEAM

Jason Douglas
Event Manager

Gateway Arch Park Foundation is pleased to welcome Jason Douglas as its new event manager. Jason joined the Foundation in October after years of working with Integrated Marketing Solutions—the production company that assists in producing Blues at the Arch and Winterfest, among other Foundation events—and Starbucks.

Jumping in at the busiest time of the year, he has already hit the ground running, helping to ensure our fall and winter events were a great success while planning for the rest of 2023 and beyond. He'll continue using his range of skills and expertise to support the development, recruitment and coordination of special events and programs at and around the Arch.

What brought you to the Foundation?
Attending and helping produce many of the Foundation’s events over the years has given me great joy! I am so thrilled to have this amazing opportunity. I really relate with the mission and values of the Foundation to make the park more accessible to the public and being a welcoming space to the community.

After working in event planning “on the side” with Integrated Marketing Solutions for several years, I realized I could turn my passion into my full-time career. I had always liked planning, being organized and figuring out logistics, but I never thought I could do that for a living. And it all came together at the right moment when this position opened up.

What impact do you hope to make?
In this role, I’m excited to work with the community to plan new and exciting events while upholding the Foundation’s core mission and values.

I hope to continue to push our mission to be as inclusive as possible and give everyone the opportunity to enjoy the parks (Gateway Arch National Park and Kiener Plaza), and to use them to their full potential. I want to make sure we get to have these amazing events that reflect the St. Louis community as a whole.

What is the most surprising thing you’ve learned since working at the Foundation?
That we all share the common goal of wanting to continue to conserve and make the Arch grounds as great as they can be. The people involved at the Arch are truly passionate and dedicated to St. Louis.
The Foundation has honored our nation’s veterans with a special “Salute to Veterans” tribute for several years, and this year we are expanding our musical series to include an additional military salute concert.

Co-hosted by the National Park Service, the performances are free and open to the public; they will include both patriotic and traditional repertoire.

Concerts are slated to take place outdoors in front of the Visitor Center of the Gateway Arch. Rain locations will be determined depending on anticipated weather conditions.

Learn more at archpark.org/events.

Give your Wardrobe a Refresh
Refresh your spring wardrobe with some new merch! Our custom Foundation apparel and accessories are the perfect gifts for the St. Louis enthusiasts in your life.

Kid’s t-shirt? We’ve got it! Adult long-sleeve tee for those cool summer nights on the patio? We’ve got it! Sophisticated tote to keep all the miscellaneous items in your car? We’ve got it!

Thank you for repping our iconic Arch and for supporting our nonprofit with your purchase!
The B.A.R.K. Ranger program at Gateway Arch National Park has grown in recent years, and we at the Foundation have enjoyed putting our own spin on it through our B.A.R.K. Ranger Photo Contest. The 2022 winners, B.A.R.K. Superintendents Molly and Leila, and their owners Kaylie and Tyler Devlin, took their involvement to the next level, attending several events throughout the year, including making an appearance at the Blues at the Arch Festival Kids’ Korner.

“We love visiting the Arch grounds, and we think that the B.A.R.K. Ranger program is a great way to keep the park clean and get more dogs to come,” Kaylie said. “We wanted to spread the word about the B.A.R.K. Ranger program and have fun doing it. When we went on our honeymoon trip last year, we looked at all the national parks, and the ones that had the B.A.R.K. Ranger program we made sure to go to.

“We’ve loved working with the Foundation,” she continued. “There’ve been so many events that are dog friendly and family friendly that we’ve really enjoyed, and we can’t wait for future events.”

Check out the following B.A.R.K. Ranger events offered by our partners at the National Park Service, and mark your calendars to bring your pup to the Arch grounds!

10 a.m., June 18: B.A.R.K. Ranger Puppachino Crawl
Guests and their furry friends will meet outside the Visitor Center to take a walk through the grounds. At the end, each dog will be sworn in as an official B.A.R.K. Ranger. New and seasoned B.A.R.K. Rangers will be treated with an Arch Café Puppachino, and owners will get a special treat, too.

10 a.m., July 16: B.A.R.K. Ranger Paw Art
Leash up your pet and meet an NPS ranger on the lawn under the Gateway Arch to create pawsitively amazing art! Each pet and owner will receive a paw art packet, and at the end will have a pawsome piece of art to take home.

10 a.m., Aug. 20: B.A.R.K. Ranger Hiking and Outdoor Safety Training
Gateway Arch National Park and Midwest Pet CPR and First Aid’s Kat Trigg are teaming up for a FREE pet safety course! Meet Kat and furry friend Gomez under the Arch to learn about how to keep you and your dog safe while outdoors, including what to do if an emergency occurs.

10 a.m., Sept. 17: B.A.R.K. Ranger Bow Wow Bootcamp
Get moving with your favorite companion in the green space under the Gateway Arch. More information forthcoming.

1 p.m., Oct. 15: B.A.R.K. Ranger Howloween Costume Parade
Get in the Halloween spirit and show off your best costume during a walk through the park. Before the parade, each pet and owner can enter the B.A.R.K. Ranger costume contest to win a prize! At the end of the walk, each dog will be sworn in as an official B.A.R.K. Ranger, and best costume will be announced.

Watch Molly & Leila’s video spotlight!
Our organization relies on monthly memberships from our supporters. Recurring donations give us the stability to plan ahead for our programs and initiatives and ensure that we have a steady source of income to sustain our efforts.

Our monthly membership program starts at less than $9 a month. We know you’ve heard it before, but it’s true!—for about the cost of one seasonal latte, you can support our work to make our corner of Downtown St. Louis more vibrant for everyone, visitors and residents alike.

Our nonprofit seeks to represent YOU and your love of St. Louis, and we take each and every investment in our work, no matter the size, extremely seriously.

It’s our goal to make monthly memberships budget-friendly for you, too, so you can feel good about giving with no added pressure.

Options include:

- **$100 Supporter**—$9 a month
- **$150 Family**—$12.50 a month
- **$250 Enthusiast**—$21 a month
- **$500 Contributor**—$42 a month

If you’re ready to become a sustaining member of our small but mighty nonprofit, please visit archpark.org/monthly. Your gift will be processed on or near the 1st of every month, and you may increase, decrease or cancel at any time.

If you have questions, please contact Alissa Korn, manager of individual giving and stewardship, at membership@archpark.org.

“I’m a recent returnee to St. Louis. Anytime I come home the Arch is the first thing I see—it’s always given me that feeling of home. When I was deciding how to spend my time and which organizations I wanted to support, Gateway Arch Park Foundation was the first that I thought of because nothing symbolizes home to me as much as the Arch does.”

—Andi Blaylock, GAPF Friends Advisory Board Member and Volunteer; Director of Wellbeing, Emerson
You may know about some of the amazing free perks you receive as a Foundation member—in addition to the great feeling of knowing you’re making a difference in and for our City—such as tram ride to the top tickets, Downtown parking passes and shopping discounts.

But you may not know about two special events that only Foundation members and supporters are able to attend. If you’re a member and these events are not already on your calendar for 2023, please plan to join us!

**Blues at the Arch Member Tent**
On the opening night of our annual Blues at the Arch Festival each August, members at the Supporter level and above are invited to an exclusive tent set apart from the crowd, where they can enjoy free St. Louis barbecue and drinks as the music lilts through the park. It’s also a great opportunity to reconnect with Foundation staff and meet new people who also believe in our mission.

This year’s Member Tent will take place from 5-7:30 p.m. on Friday, Aug. 11.

**Winterfest Preview Night**
The day before Winterfest opens to the general public, Foundation members and supporters are invited to experience the holiday magic in Kiener Plaza before anyone else. The exclusive invitation comes with free skate passes for the whole family, as well as a free hot chocolate and dessert. It’s a great opportunity to introduce kids—or adults—to the ice rink for a fun and low-cost Friday evening out!

This year’s Winterfest Preview Night will take place from 5-8 p.m. on Friday, Nov. 17.

**THANK YOU**
If you’re already a Foundation member, please know that we are sincerely grateful for your investment in this park. We appreciate you being an ambassador for our nonprofit by sharing our social media posts, forwarding our emails, wearing our merch, and inviting your friends and family to our fundraisers and community events. We couldn’t do it without you and your advocacy!
LOOKING AHEAD

UPCOMING EVENTS

June 11: Picnic in Your Park
You won’t find a picnic anywhere else! Help support our mission while enjoying a deluxe or classic catered picnic, complete with live music and premium picnic merch. Ticket sales close June 1!

Aug. 11–12: Blues at the Arch Festival
Presented by the MO Division of Tourism, the eighth annual event pays tribute to St. Louis’ storied blues history and showcases the talents of national and local artists. Produced by the Foundation in partnership with the National Blues Museum and National Park Service. Plus, a special Blues Brunch on Aug. 13!

WEEKLY FITNESS

Tuesdays through Oct. 31: Sunrise Yoga
Awaken your body and bask in the morning sunlight at 7 a.m. in Kiener Plaza. Led by Citra Fitness & Movement, offered free by the Foundation, with support from BJC HealthCare and GadellNet Consulting Services.

Every other Saturday through Oct. 28: Sunrise Bootcamp
Get up and go, STL! 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! Led by Citra Fitness & Movement, offered free by the Foundation, with support from BJC HealthCare and GadellNet Consulting Services.