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**Get fit for free at Kiener Plaza this Summer during Weekly Sunrise Yoga and Bootcamp**  
*Tuesday and Saturday morning classes are hosted by Gateway Arch Park Foundation and led by Citra Fitness & Movement*

**ST. LOUIS (April 26, 2023)** – Get fit 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 2 through October 31 and a 45-minute bootcamp every other Saturday from May 6 through October 28.

Yoga classes will begin at 7 a.m. each week, and bootcamp classes will begin at 9 a.m. Both classes will take place 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 are excited to invite the community back to the park this summer and fall,” said Camille Brooks, director of programming and events at Gateway Arch Park Foundation. “As part of our mission to bring fun, innovative programs to the Arch grounds and surrounding areas, our Sunrise fitness classes promote a healthy lifestyle while encouraging St. Louisans to embrace Kiener Plaza as their own and explore their City in a new way.”

“I’m excited to be back for my second season leading the Sunrise fitness series,” said Nicole Coglianesse, instructor and owner of Citra Fitness & Movement. “The energy of these classes is incredible, and the views are second to none. To be able to tell people, ‘Turn and face toward the Arch’ – that never gets old. It’s been great to team up with the Foundation and offer this to the amazing residents and visitors of our City.”

These two summer series are free and open to the public. They are supported in part by BJC Healthcare and GadellNet. You can support free St. Louis programs like this by making a [donation](#) to Gateway Arch Park Foundation or [becoming a Foundation member!](#)

Sunrise fitness programs are a great addition to the efforts to revitalize downtown and bring community members together in the city they call home. Gateway Arch Park Foundation offers families of all ages the opportunity to get outside, take advantage of St. Louis’ beautiful downtown landscape and support local businesses such as Citra Fitness.



Learn more about the Foundation and Citra Fitness' [partnership](#).

### **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 2 through October 31; 7 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/yoga](http://archpark.org/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:** Every other Saturday, May 6 through October 28; 9 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/bootcamp](http://archpark.org/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](http://ArchPark.org).

### **About Citra Fitness & Movement**

Citra Fitness & Movement is an aerial yoga and Pilates business led by owner Nicole Coglianesse. Coglianesse 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 Coglianesse around St. Louis at her fitness-based events and classes. For more information, visit [citrafitness.com](http://citrafitness.com) and follow Citra on social media.