

As with most live group fitness classes, this launch is part of your membership experience with no fees or sign up needed.

# PiYo

*SCULPT. STRETCH. SWEAT.*



**Cranked up yoga and Pilates based choreography that delivers a fat burning, low-impact workout defining all the muscles**

**Tuesday 5:30 – 6:20 A.M.**

**Friday 9:15 – 10:00 A.M.**

**Saturday 10:10 – 10:55 A.M.**

**Lower Studio**

**Lower Studio**

**Upper Studio**

Be Fit. Be Family. Be Well.

