



What is PiYo?

"PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same... time as they lengthen and tone your muscles and increase your flexibility.

With every action-packed PiYo session, you can burn excess fat and sculpt and define your whole body, as you minimize the aches and pains that can come along with high-impact workouts. No matter your age, no matter your body type, PiYo will help give you dramatically visible, incredibly beautiful results."

March 2018 Schedule

Beginning Tuesday March 6th

Tuesdays 12:00PM – 30 Minute Power & Strength Class

Thursdays 12:00PM – 30 Minute Stretch & Flow Class

Saturdays 8:00AM – 45 Minute Class

Fitness Packages

- Drop In Class: \$12.00 _____
- 5 Class Punch Card: \$50.00 (\$10.00 per class) _____
- 10 Class Punch Card: \$75.00 (\$7.50 per class) _____
- 20 Class Punch Card: \$125.00 (\$6.25 per class) **GET YOUR 21st CLASS FREE** _____

NAME: _____

EMAIL: _____

PHONE NUMBER: _____

CONTACT CDW4DANCE@OUTLOOK.COM FOR MORE INFO!