

PIYO™



- **Low impact**
- **High energy**
- **Build strength**
- **Improve balance**
- **Reduce stress**
- **Add flexibility**

PiYo is a music-driven athletic workout inspired by the mind/body practices of Pilates and Yoga that also includes flexibility & strength training, conditioning, and dynamic movement.



Tuesdays@ 7:15pm : Thursdays@ 6pm
Chestnuthill Park Building
221 Route 715, Brodheadsville

\$5.00
a class



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