

Berkley Parks & Recreation



The muscle sculpting
of **PILATES**
The flexibility
of **YOGA**
Nonstop, fluid
MOVEMENT

LIVE!

PIYO[®] Live is a low-impact blend of strength training and conditioning inspired by Pilates and Yoga. This workout will help increase strength, stability, stamina and flexibility. This class is filled with choreography that is fun, challenging and will make you sweat. Bring a yoga mat, towel and water bottle.

Mondays and/or Thursdays 6:30 - 7:25 pm

Tuesdays and/or Fridays 9:00 - 9:55 am

Six weeks \$61 for 6 classes

Register for a 6 class session and attend 6 classes on any days

Starts September 17th, 18th, 20th & 21st

Sign up for two days for just \$86

add \$5 non-residents

248-658-3470

Berkley Parks & Recreation

2400 Robina Avenue

www.berklemich.org

Drop-In \$12

Instructor: Bre Young