

**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 January 7<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>**

**Sign up for two days for just \$86**

**add \$5 non-residents**

248-658-3470

Berkley Parks & Recreation

2400 Robina Avenue

[berkley.maxgalaxy.net](http://berkley.maxgalaxy.net)

**Drop-In \$12**

**Instructor: Bre Young**