



PiYo

PiYo is an up-tempo, non-spiritual approach to mind/body exercise. Its unique format combines the strength conditioning of Pilates and the flexibility and dynamic balance of Yoga together for an amazing workout.

PiYo is designed for mainstream fitness; an ideal class for beginners and advanced participants alike offering beginning modifications and advanced options to suit you.

Description provided by Chalene Johnson,
Powder Blue Productions

**Join Brian on WEDNESDAYS at 7pm
starting August 11th!!**

**at
Barbara's Dancing Tonight
1921 Sycamore Lane
Davis, CA (530) 756-8371**