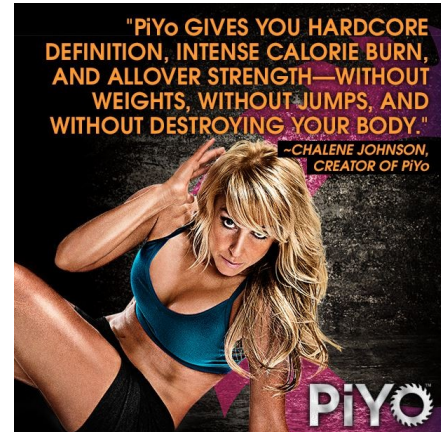


Introducing PIYO®

With Meagan White



Beginning February 4th

MONDAY & WEDNESDAY 6:30 - 7:30 pm



PIYO is a low impact workout that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. The workout delivers a true fat-burning experience that leaves your body looking long, lean, and incredibly defines.

