

PiYo



The muscle sculpting
of **PILATES**



The flexibility
of **YOGA**



Nonstop, fluid
MOVEMENT

PIYO = Pilates + Yoga + Nonstop Movement

Sweat, stretch, and strengthen, all in one workout! Using only your bodyweight, you'll perform a series of low-impact, **high-intensity** Pilates and Yoga inspired moves to work every single muscle in your body. The result? A long, lean, and incredibly defined physique. While having prior yoga or pilates experience is not necessary, it is a bonus! Ready to make your power move?

Please bring to class a sticky mat (yoga mat), hand towel, and water.

New Extended Winter Session 2017

January 11th - March 29th (12 weeks)

Wednesdays at 7:15 - 8:00pm

Location: Community Center 321 Seventh Avenue

Instructor: Dee Cavaliere, Licensed Instructor

Fee: \$60/Resident \$65/Non-Resident

*Due to the new extended sessions we are offering the option to pay for the *PIYO PROGRAM* in two payments. If you are interested using this new two-payment option, please contact the program coordinator to be approved. Thank you. The **Minimum Payment Due at Registration is \$40. The Balance of \$20 is due ON OR BEFORE Feb 16th.**

Register Now for PiYo

Name: _____

Address: _____

City, State, Zip Code: _____

Phone Number and Email Address are for notification purposes, if class should be changed or cancelled etc.

Email Address: _____ Phone #: _____

PIYO - Winter 2017 - Class Code 142

Total Enclosed _____

Please make check payable to:

Borough of Haddon Heights
625 Station Avenue
Haddon Heights, NJ 08035
Attention: Programs

Questions? 856-546-2585 or ProgramCoordinator@HaddonHts.com