

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.

Fall Session 2017

October 9th - December 18th

Mondays at 7:15 - 8:00pm

Location: Community Center 321 Seventh Avenue

Instructor: Dee Cavaliere, Licensed Instructor

We are also offering our PiYo Class as Two Mini-Sessions or as One 11 week Session.

Fall Session 1: October 9th - November 13th (6 Weeks) Fee: \$30/Resident \$40/Non-Resident

Fall Session 2: November 20th - December 18th (5 Weeks) Fee: \$25/Resident \$40/Non-Resident

Both Fall Sessions: (11 Weeks) Fee: \$55/Resident \$60/Non-Resident

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 #: _____

Please Select One: Session 1 (10/9-11/13) Session 2 (11/20-12/18) Both Sessions

PIYO - FALL 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