

# Meditation & PiYo



This class provides dynamic flowing sequences that burn calories and elevate your metabolic rate to burn more fat. As well as to help with stress management. PiYo puts it all together through simple techniques that can make a huge difference in overall health. Come join us to improve your focus & flexibility.

**Age: 13 & Up Fee: \$10.00 a month**

**Mondays 7-8pm**

**Jan 2-30 (#34242)**

**Feb 6-27 (#34245)**

**Saturdays 10-11am**

**Jan 7-28 (#34247)**

**Feb 4-25 (#34248)**

