



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Healthy Living

PIYO™

PiYo™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.



In a nutshell, PiYo™ will rock your world! Once you try it, you'll find that PiYo™ is unlike any other format, and guess what? You'll love it. Don't worry, there is no previous experience required.

**Begins
Thursday, December 15**

**Thursdays
5:45 - 6:30 pm
Instructor: Nanette
Fee: Free to Members
or Day Pass Rate**



**For more information, contact
Michelle Horn, Healthy Lifestyles Associate
(541) 440-9622 ext 210.**

**Central Douglas County Family YMCA
(541) 440-9622 www.ymcaofdouglascounty.org**