

FALL 2020

PiYo



A unique mind, body format that combines Pilates and Yoga to create choreography that is fun and challenging. This workout will improve participants strength, core, stability and agility.

MIN/MAX: 8/12 *Instructor: Rebecca*

No Class September 7

Location: Community Activity Center-Activity Room

| Age | Day | Time | Date | Fee | Activity # |
|-------|-----|--------------|-------------|------|------------|
| Adult | M/W | 7:15-8:00pm | 9/2-10/21 | \$55 | 245000-11 |
| Adult | M/W | 7:15 -8:00pm | 10/26-12/16 | \$55 | 245000-12 |

Please visit NormalParks.org for more information.

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