

FALL 2019

PIYO

Adult

Unleash your power with Pilates + Yoga + nonstop movement! You'll sweat, stretch, and strengthen – all in one workout. Define exactly how you want to look and feel. No weights. No bulk. Just hardcore results. Ready to make your power move?

MIN/MAX: 12/25

Location: Community Activity Center-Activity Room

Instructor: Rebecca R.



Age	Day	Time	Dates	Fee	Activity #
Adult	M/W	6:45-7:30pm	9/4-10/23	\$40	245000-11
Adult	M/W	6:45-7:30pm	10/28-12/18	\$40	245000-12

Please visit NormalParks.org for more information.

