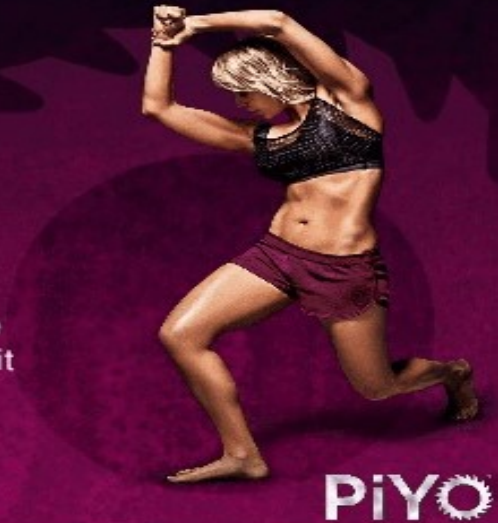


PiYo and Mat classes with Coach Cassie

What are the Benefits of PiYo?

- Get ultra-lean and intensely defined
- Low impact but high intensity:
No weights. No Jumps. Just hardcore results.
- No equipment needed (in base kit)
- No complex choreography to learn
- Many traditional Pilates or yoga programs lack the calorie and fat burn benefits of cardio—PiYo puts it all together



What are the Benefits of Mat Class?

- Promote general fitness
- Increase Stamina
- Improve balance
- All equipment provided
- Good for most levels of fitness

PiYo - Tuesday & Thursday mornings 7:00 am—7:45 am

Mat Class - Tuesday & Thursday mornings 8:30—9:15 am

PiYo - Sunday evening 7—7:45 pm



110 East 7th Avenue, Havana, Florida 32333

For more info: www.BodyworkandBach.com (850) 616-1305