

NEW Class!

PiYo Yoga Class

6:00PM-7:00PM Friday Evenings

**Open Your Mind, Expand Your Practice &
Have Some Friday FUN!**

Why PiYo Works



The muscle sculpting
of **PILATES**



The flexibility
of **YOGA**



Nonstop, fluid
MOVEMENT

Weekly Fridays

6:00PM-7:00PM

Regular Class Rates Apply

Everyone Welcome!

Yoga and Pilates combine in a low impact but high intensity cardio workout. No weights, no jumps, or stressing of joints - just high energy FUN with body sculpting benefits!

Join certified Yoga and PiYo® Instructor, Kim Hamilton, as she leads a Fun Friday Fusion of Yoga and Pilates as part of a PiYo workout. You'll work your core and tone and sculpt your muscles to the beat of energizing music and a fun flow that emphasizes movement with breath. Kick your traditional Yoga practice up a notch as PiYo incorporates unique poses and repetition that works varying muscle groups beyond those of many traditional Yoga poses.

PiYo is fast-paced and fun, while still always being mindful of our movements and breathing technique. No prior PiYo experience required necessary as Kim will teach you the fundamentals and tailor the class pace to the participants each week.



www.updogyoga.com 13911 19-Mile Road, Sterling Hgts., MI 48313 | 586.232.9555

Named "Best Yoga Studio In Metro-Detroit by ClickonDetroit.com