

Core Strength Flexibility Agility Balance Relaxation Posture Control

PiYo

PiYo™ is a blended class combining Yoga & Pilates mat exercises to build CORE strength & enhance agility & balance.



Pilates (Pronounced: "Pih-la-tease") is an innovative system of mind-body exercises that evolved from the principles of Joseph Pilates, focusing on control in the core muscles.

Yoga involves the practice of poses (asanas) that create balance in the body through development of both strength and flexibility.

Contact Kris Jepsen for information.

call **402.593.5969**
or
click **bonafidefitness4u.com**

Don't count the time.
Make the time count!

Maximize your minutes
with PiYo!