



PiYo

Be Strong. Stay Healthy. Get Fit.

Experience this comprehensive fitness program, instructed by Angelique Lavache, A skilled Certified Personal Trainer/Fitness Instructor with 8 years' experience teaching Group Power, PiYo Live, Pilates, Yoga, and Silver Sneakers.

PiYo is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. It was designed for people who want the mind-body benefits of yoga or Pilate's workout, but with a higher-energy, higher-sweat class.

**Auburn High School Fitness room
Tuesdays 5:00 -6:00 p.m.**



The cost is 6 weeks for \$40 or \$8 drop in
Please bring a floor mat and water. PiYo can be done in sneakers, socks or barefoot.

pre- registration is required and payment info contact
kpappas@town.auburn.ma.us

Auburn Recreation Dept. – 508-832-7736-508-755-3291