

PIYO
LIVE!

MAKE A POWER MOVE. EXPERIENCE A PIYO® LIVE CLASS!
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. What will you do with all that power?

CONTACT US FOR DETAILS

Hermon Recreation Dept. www.hermon.net
207-848-4075 Classes to take place at HMS
mthayer30@gmail.com

© 2015 Beachbody, LLC. All rights reserved. Beachbody, LLC is the owner of the PiYo trademark.

BEACHBODY LIVE!

PIYO CLASSES - WITH LOCAL INSTRUCTOR ANDREA WHITE



When:

Thursdays: 9/22, 9/29, 10/6, 10/13, 10/20 & 10/27

Where: Hermon Middle School - Billings Road
6:30 to 7:30 p.m.

Register online at www.hermon.net

Fee: \$25.00 resident/\$35.00 non-resident if you sign up for all 6 classes!

Come try the class for a drop-in fee of \$5.00!