



LIVE

**...in
the
Park!**

MAKE A POWER MOVE.

EXPERIENCE A PIYO® LIVE CLASS!

Unleash your power with a unique mix of Pilates + Yoga inspired 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.

Ready to make your power move? All fitness levels welcome!

Where:	Merrifield Park, Merrifield, MN
When:	Mondays and Wednesdays, 9:00am to 10:00am, June 5 to July 26 Saturdays*, June 10, 17, 24 and July 8, 15, 22 All classes are 45 Minutes
Cost:	<i>8 Classes for \$48 or 16 Classes for \$80</i> \$7 per session for all drop-ins *Six Saturday Classes: \$5 per session if paid in advance or already purchasing 8 or 16 class passes.
What to bring:	Yoga mat, water bottle & towel (if desired)
Instructor:	Jessica Waytashek

**To Register Call Jessica Waytashek
218-820-3921**

**f The
Dashing Daisy**