



**f The  
Dashing Daisy**



**PIYO**  
AND A  
**Pint**

**MAKE A POWER MOVE.  
EXPERIENCE A PIYO® LIVE CLASS!**  
And enjoy a Pint of Gull Dam Beer when you are done!

Unleash your power with a unique mix of  
Pilates + Yoga inspired movement!  
You'll sweat, stretch, and strengthen—all in one workout.  
**No weights. No bulk. Just hardcore results.**  
Ready to make your power move? All fitness levels welcome!

**Where:** Gull Dam Brewery, 23836 Smiley Rd, Nisswa, MN 56468

**When:** Sunday, June 18, 2017 | RAIN OR SHINE!

11 am - 12pm

**Cost:** *\$10 Per Person includes the class and a pint!*

**What to bring:** Yoga mat required! Bring a water bottle & towel (if desired).

**Instructor:** Jessica Waytashek, 218-820-3921