

**NEW!**

# PiYo



**Awesome fusion of the best of Pilates and yoga!**

## FOCUS ON:

- ◆ Building deep core strength with flexibility and balance
- ◆ Standing, supine, prone and seated movement
- ◆ Dynamic, fun and relaxing

**Mondays, September 13 - October 25, 2010**

**6:00 - 7:15 pm**

**\$ 80.50**

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**Mondays, November 1 - December 13, 2010**

**6:00 - 7:15 pm**

**\$ 80.50**

**CLASSES ARE HELD AT: Holistic Fitness Studio  
2881 Castro Valley Boulevard, Castro Valley**

## **REGISTRATION:**

**ONLINE:** [www.cvadult.org](http://www.cvadult.org)

**IN PERSON:** 4430 Alma Avenue, Castro Valley 94546

**BY TELEPHONE:** 510-886-1000

*Great Students - Great Staff - Great Expectations!*