

Summer 2015

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Upstage Downtown Dance Theatre



Piyo

Class blends the ancient practice of both Yoga and Pilates methods. Stressing flexibility and versatility as well as building core strength. All fitness levels welcome.

*Thurs. June 18-July 23

7-7:45p

Fee: \$8/per class OR \$40/8 class session

Please fill out form and include payment by June 12, 2015

Name/Signature.....

Contact Number.....

Class/Day/Time/Fee.....

www.upstagedowntown.com-419.584.1351