

# 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-Aug. 20 (No class July 23)

7-7:45p- 8 week session

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

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**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](http://www.upstagedowntown.com-419.584.1351)