

FUNDRAISER PIYO CLASS AT SHUURIN DOJO!

Tuesday, January 21st 5:30-6:30 p.m.

14121 S Street (Across the Street from The Amazing Pizza Machine)

What's PIYO?? Pilates and Yoga combined to form Aerobic Yoga!

Upbeat and exhilarating, PiYo is a low-impact, high-intensity workout that focuses on building Strength, Flexibility and Balance.

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga.

It's a true fat-burning, low-impact program, that's **FUN and all for a **NOBLE CAUSE!!!!****

Instructor Nikki Green from Genesis Health Club will be leading us in this workout for all!

Want a GREAT and EXHILARATING workout to make your body and spirit feel good?

JOIN US Tuesday, January 21st from 5:30-6:30 p.m.!!!!



\$5 Requested Donation

Proceeds go to ShelterMENebraska -an organization that provides temporary housing to women of domestic violence *and* their pets so they can find safety together.



Contact Claudia 402-630-3169 to Reserve Your Spot!