

If you like...



The muscle sculpting
of **PILATES**

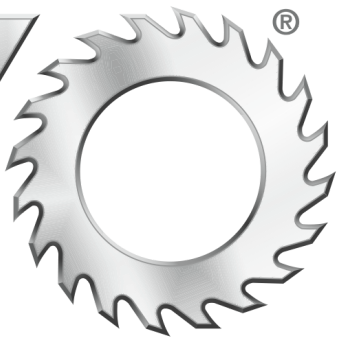


The flexibility
of **YOGA**



Nonstop, fluid
MOVEMENT

You will love...

PIYO 

LIVE!

SATURDAYS
8:45-9:10AM

CHICO *Sports* **CLUB**
HEALTH & FITNESS