

If you like...



The muscle sculpting
of **PILATES**

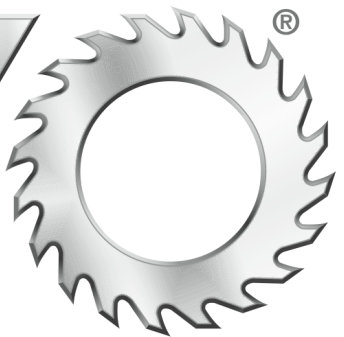


The flexibility
of **YOGA**



Nonstop, fluid
MOVEMENT

You will love...

PIYO 

LIVE!

SUNDAYS

10:30- 10:55AM

CHICO *Sports* CLUB
HEALTH & FITNESS