



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRY SOMETHING NEW

AQUA Pi-Yo-Chi

Aqua Pi-Yo-Chi™ includes the strength of Pilates, the balance of Yoga, and the energy revitalization of Ai Chi and enhances your breathing, strength, range of motion, alignment, and balance. Benefits are achieved through correct muscle initiation and use of the breath for movement while maintaining emphasis on the geometric box. Regular practice leads to improved balance and correct postural alignment, increased core strength, and personal calm.

Wednesdays at 6:30pm

Fees:

Members: \$45

Program Participants: \$65

ALLIANCE FAMILY YMCA

205 South Union Avenue

330-823-1930 • www.ymcastark.org/alliance

Register at the front desk
or online.

**6 week session begins
February 3, 2021**

For more information contact
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