PiYO LIVE!

MAKE A POWER MOVE. EXPERIENCE A PIYO LIVE CLASS!

Unleash your power with Pilates + yoga + nonstop movement! You'll sweat, stretch, and strengthen—all in one workout. Define exactly how you want to look—and feel. No weights. No bulk. Just hardcore results. Ready to make your power move?

Saylor Community Building **Thursdays Starting October 8th**
716.532.3341 **5:00pm - 6:00pm**

© 2015 Beachbody, LLC. All rights reserved. Beachbody, LLC is the owner of the PiYO trademark.

BEACHBODY LIVE!