

INSIDE PIYOBA

All that's new and exciting for you at Piyoba Studio

Piyoba Parties

Looking for a unique birthday, bridal shower, girls night or couples night? Let Piyoba plan your perfect party. Contact Shawn to plan your event today.

Birthday Bonus

Purchase a pass during your birthday month and receive 10% off the regular price of the pass. See an instructor for discounted purchase

Private Sessions

Piyoba Instructors are available for private sessions to fit your schedule and needs. Private Reformer sessions are \$70 for a 50 minute session. Personal training, barre and yoga sessions are also available.

Piyoba Studio

8706 Morrissette Dr

Springfield, VA 22152

703-457-6545



2020 Piyoba Challenge

The holidays are through and it's time to start a NEW DECADE. Your Piyoba instructors have a 2020 challenge for you. Start the new year by making time for your health and well being.

We challenge you to attend at least 10 classes during January 2020. Everyone who attends at least 10 classes will be entered into a drawing for a chance to win free classes — either 3 free reformer classes or 8 studio classes (barre, mat pilates, yoga and cardio dance). For every 5 classes over 10 (15 classes, 20 classes and more)! You will receive another chance to win. Private sessions will also count toward your entry.

Reserve your classes today and start the 20's with a calm mind, healthy body and a big smile.



Making Health a Habit

Try these simple tips to make new habits stick.

1. **Ditch the all-or-nothing approach.** Grand ambitions may be motivating in the beginning, but trying to change too much at once is likely to lead to disappointment. Instead, start small.
2. **Look for opportunities to make changes.** Would you like to be more active? Before you sign up for a 5K, try walking an extra five to 10 minutes a few times a day. Opt to take the stairs when you can.
3. **Be patient.** Track your positive changes with a food or activity journal so that you can reflect on them. Remember that it may take time to see results, and that's ok.

Although change is difficult, With repetition, these new habits get easier and become the norm. So stick with them!

-Stacy Petterson

January Schedule

Monday	9:15 am	Barre
	9:30 am	Reformer Plus
	7:15 pm	Reformer
Tuesday	9:15 am	Reformer/Tower
	10:15 am	Mat Pilates
	6:15 pm	Barre
	7:15 pm	Beg Reformer
Wednesday	9:15 am	Barre
	10:15 am	Beg Reformer
	10:15 am	Vinyasa Flow
	7:15 pm	Cardio Dance
	7:15 pm	Reformer/Tower
Thursday	8:00 am	Mat Pilates
	9:15 am	Reformer/Tower
	6:15 pm	Barre
	7:15 pm	Reformer Plus
Friday	9:15 am	Barre
	10:15 am	Pilates Suspension Method
	11:15 am	Active Aging Reformer
	12:15 pm	Reformer/Tower
Saturday	8:30 am	Advanced Reformer
	8:30 am	Vinyasa Flow
	9:30 am	Mixed Pilates Equipment
	9:30 am	Mat Pilates
	10:30 am	Reformer/Tower
Sunday	2:00 pm	Barre
	3:00 pm	Vin Yin