

INSIDE PIYOBA

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

January Challenge

Congratulation to Kammy M. on winning our January Challenge drawing. A big shout out as well to everyone who reached their goal number of classes in January. Keep up the good work as we head into spring.

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



Boot Camp

Piyoba welcomes Cindy Martin and Stephanie Lewis to the Piyoba family of instructors. Cindy and Stephanie will begin Boot Camp classes on March 2 at 6:30 am - 7:20 am. Classes will be MWF. Sign up through your MINDBODY account. Grab a friend and get your workout out of the way first thing in the morning for a feeling of accomplishment through the entire day.

Our Boot Camp class is designed to challenge and build strength and fitness through cardio, power, and strength exercises using a variety of equipment. It is an intense full-body, cardiovascular and strength workout which improves cardiovascular endurance, increases muscle mass and improves overall coordination and balance. Bootcamp is a great way to quick start your own fitness program; working major muscle groups including your core, while getting a great cardio workout with fun energizing music.

Modifications always in place. All fitness levels welcome!



March "Mat"ness

Piyoba is looking for photos for our March Madness event. Each day of March, we will feature a Pilates Mat Exercise of the Day. Send us a picture of yourself performing the exercise or post a picture on social media and tag Piyoba Studio for a chance to win an Pilates gifts.

To participate, check social media for our Pilates Mat exercise of the day. There is also a list on the Piyoba Bulletin Board. Take a picture of yourself performing the day's mat exercise and either post on any Piyoba social media site; Facebook or Instagram or tag Piyoba on your social media. If you don't have social media, email us your picture to share. Each day you post, you earn a chance in our end of the month drawing. Thirty-one days in March equals 31 chances to win.

March Schedule

Monday	6:30 am	Boot Camp
	9:15 am	Barre
	9:30 am	Reformer Plus
	6:15 pm	Mat Pilates
	7:15 pm	Reformer
Tuesday	9:15 am	Reformer/Tower
	6:15 pm	Barre
	7:15 pm	Beg Reformer
Wednesday	6:30 am	Boot Camp
	9:15 am	Barre
	9:30 am	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	6:30 am	Boot Camp
	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

*Check the MINDBODY app for the most up to date schedule including class changes and cancellations

