

INSIDE PIYOBA

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

Boot Camp is Back

Piyoba welcomes Cindy Martin and Stephanie Lewis to the Piyoba family of instructors. Cindy and Stephanie will begin Boot Camp classes on March 4 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.

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

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New Mixed Equipment Pilates Class

Darina Brown is offering a new option for your Pilates practice. Saturdays at 9:30, join Darina for the Mixed Equipment Pilates Class.

This class utilizes various pieces of Pilates equipment such as the Pilates Chair, Tower and Reformer to give you the best Pilates workout possible. Participants practice a series of contemporary Pilates based exercises designed to enhance core strength, spinal alignment, flexibility, balance and postural control. This class is appropriate for all levels of participants.

Class sign ups are accepted through MINDBODY up to 30 days prior to each class. Reserve your space today. Cancellations for all Reformer and Mixed Equipment classes is 24 hours ahead of



Benefits of Sleep

Sleep is an area that is often neglected when we focus on our health. Here are some benefits of healthy sleep habits.

1. **Sharper Brain**
Sleep lets your brain catch up for what is next.
 2. **Mood Boost.**
Your brain processes your emotions as you sleep.
 3. **Healthy Heart.**
Sleep gives your heart and blood vessels a rest.
 4. **Athletic Achievement**
Proper rest sets you up for your best performance.
 5. **Weight Control**
When you are well rested, you are less hungry, lack of sleep messes with the hormones that control appetite.
 6. **Germ Fighting**
Lack of sleep changes the way your immune cells work.
- Web MD**

class.

February Schedule

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

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

