



2019 Winter Fitness

YOGA CLASS

10 week session
Mondays; 6 – 7: pm
January 7 – March 11

The Yoga class will be taught by instructor Laurie Maile. Yoga is a scientific system of physical and mental practices that originated in India more than three thousand years ago. With Yoga, we can extend our healthy, productive years far beyond the accepted norm and, at the same time; improve the quality of our lives. Please bring an exercise mat or towel and water!

PIYO LIVE

8 week session
Wednesdays; 8:30 – 9:30am
January 9 – February 27

Our PiYo class is taught by Ali Reeves. Get ready to sweat, stretch, and strengthen—all in one workout! PiYo® LIVE is a high-intensity, low-impact class that combines the best of Pilates and yoga for a long, lean physique. You'll unleash your inner powerhouse—and leave feeling refreshed and restored!

All classes are held at the Edgewood Senior Center @
550 Freedom Park Drive, Edgewood, KY

All participants must sign a liability waiver. No childcare will be provided.
If you have any questions please call 859-331-5910.

Circle all FALL classes you are signing up for:



Yoga Class
\$50/person



PiYo Live
\$40/person

Name(s) _____

Address _____

Email _____

Phone Number _____

Make all checks payable to City of Edgewood and remit to:
City of Edgewood, Attn: Fitness Classes, 385 Dudley Road, Edgewood, KY 41017