Mission Viejo

Outdoor PiYO™

with Ashley Kelley

Tuesday / Thursday
6:45 am - 7:45 am

- Enjoy the benefits of Pilates & Yoga set to music
- Low-impact, high-intensity workout
- Stabilize, stretch & strengthen your core
- No weights, jumps or joint strain
- Mats provided on a first-come, first-served basis

Did you know?
Classes are FREE for members and included in entrance fees for guests!

Classes begin Tuesday, October 25!

Sierra Recreation Center
26887 Recodo Lane

949-859-4348
fitness@cityofmissionviejo.org