



## WHAT ARE STUDENTS SAYING ABOUT PI YO STRETCH?

### Things I love about my PiYo Stretch class—

Nice break in the middle of the day. It helps keep me focused at work.

It is designed around the needs of participants that day.—J. Age 50

It's convenient and fits my time slot.—P. Age 63 It feels good.—T. Age 37

Relaxed mood. I can work at my own pace and difficulty level. Age 55

I really like how I feel afterwards! Great break in the middle of the day!

Love learning new things, relaxation/meditation time is AMAZING! Age 40

### I would recommend this class to a friend because—

It is fun! The meditation is priceless on a Monday and lasts all week.—J. Age 50

It's right in our office—great group of people—no excuses!—P. Age 63

It helps you let go of things that are burdening you.

You can work at you own level and you will feel better. Age 55

The instructor is fabulous. She builds the class around our needs. —S. Age 32

### How many years have you taken the class? Why do you keep signing up?

1 1/2 yrs. Keeps me well. Helps me move forward with what matters.—T. Age 37

3 yrs. I feel better. Better mood. Better balance. Age 55

It renews me and keeps me learning and growing.—J. Age 55

I LOVE IT! SO MANY BENEFITS—M. Age 36

### Benefits I have noticed from PiYo Stretch—

Something to look forward to on Monday!

Increased flexibility, stronger meditation skills, stamina, and strength.—J. Age 50

Better mood. Better Balance. Age 55

Less stress and more energy!

Stress release.—T. Age 37

I am happier and in better shape, Age 26

### PiYo Stretch Mondays at noon at HHS.

Sign up with Rachel Czys: [rczys1@yahoo.com](mailto:rczys1@yahoo.com)

