



The muscle sculpting
of **PILATES**



The flexibility
of **YOGA**



Nonstop, fluid
MOVEMENT

TUESDAYS @ 6:00PM PIYO LIVE

PiYo Live is a high-intensity, low-impact bodyweight workout that combines the best of Pilates and yoga for a long, lean physique, together, you'll sculpt every muscle, improve flexibility and burn away more calories than a traditional mind-body class. You'll unleash your inner powerhouse and leave feeling refreshed, restored and ready to conquer anything!

Bring a mat, towel and water.



FREE PiYo LIVE
class for Chamber
Members July
11th, 18th or 25th
@6:00pm

Balanced
Exercise

Cardio*Strength

Balance

Core Stability

Ask about our

3 Day Trial
Nutritional Pack

COMPASS NUTRITION
AND FITNESS

New Midland Plaza
232-G S. Calderwood Street
Alcoa, TN
In the "Arcade"

RSVP (865) 518-1221