

Beachwood Mayor's Wellness Campaign

presents

PLYOGA Fitness with Stephanie Lauren

Tuesdays from 7:00— 8:00 p.m. at Birch and Surf Park

July 11, 18, 25

August 1, 8, 15, 22, & 29

Adults \$30.00

Ages 10 - 17 - \$15.00

Drop In \$5



Sneakers, Yoga mat, towel & water

PLYOGA is a 4 part interval training system that utilizes short plyometric segments bridged together with basic and accelerated yoga postures as active recovery. Complete with modifications and options for EVERYONE, PLYOGA has been designed to challenge people to dig deeper and help "Find Their Inner Athlete"!



*Beachwood
Mayor's Wellness Campaign
Putting our community in motion*



