

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Eildon	Town:-	Selkirk
Activity:-	Pilates/Yoga	Name of activity:-	PiYo
Venue:-	O'Malley's, Selkirk	Day/Time:	Thursday 8.00 – 9.00 pm
Contact information:-	Dianne@fitborders.co.uk Tel: 07974 525021		
Cost:-	£6.00	Gender:-	All welcome

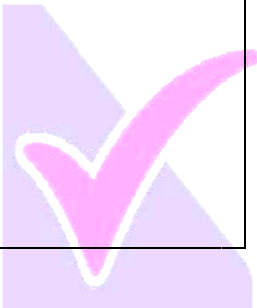
Additional Information to be included

PiYo isn't like standard Pilates and Yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up – including your results – by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

With every action-packed PiYo session, you can burn excess fat and sculpt and define your whole body, as you minimise the aches and pains that can come along with high-impact workouts. No matter your age, no matter your body type, PiYo will help give you dramatically visible, incredibly beautiful results.



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All information is to be signed as approved before inclusion on the LASS website for copyright purposes

Name of event organiser:-		Signed:-	
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Organisation:-		Date:-	
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Lifestyle Adviser:-		Date:-	
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