

All three certifications are coming to the RecPlex February 6-8 of 2008!

Register on-line at <http://www.turbokick.com/index.php> for the University of Dayton, RecPlex location.

Contact the Fitness Director, [Clare.Glaser@notes.udayton.edu](mailto:Clare.Glaser@notes.udayton.edu) at 937/229-2705 for details.

Hip Hop Hustle = Friday Feb 6  
Turbokick = Saturday Feb 7 (8am-6pm)  
PiYo = Sunday Feb 8 (8am-6pm)

**PIYO™**

PiYo™ is an athletic fusion style strength & flexibility mat class. It combines energetic, powerful moves into a fluid challenging workout for everyone.



**HIP HOP HUSTLE™**

NEW Hip Hop format brought to you by PBP! Available for purchase now for Consumers & Instructors. Get ur Hustle on and join in the fun. Sign up for an event or purchase the Home training.



**TURBO KICK®**

The hottest kickboxing class around! TK combines athletic moves, sports drills, hip hop flavor, & so much more. Ready to take your kickboxing class to the next level?