



**PLYOGA® YOUR BODY IS POWER®**

*Reveal Your Inner Athlete*

PLYOGA Founder Stephanie Lauren

You are ready for this! PLYOGA is highly challenging, but it is equally modifiable! We have reinvented interval training by giving you a chance to actually recover as part of the class. Use it! Love it! Take it to the next level!

This is our flagship format!

This 4-part high intensity interval system uses accelerated and fundamental Yoga as a fluent and active recovery for Plyometric movements. Come enjoy a format that is sweeping the Americas! YOUR BODY IS POWER®!

@PLYOGAFitness

Stephanie@PLYOGAFitness.com

www.PLYOGAFitness.com