

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					FITNESS SpeedFit Circuits 9:00 - 9:45 am Rob	
	YOGA Chair Yoga 11:00 am - NOON Cynthia		FITNESS Power Barre 11:00 am - Noon Yumelia		YOGA Hatha 9:30 - 10:30 am Rotating Teacher	YOGA Vinyasa Flow 11 am - NOON Lindsey
FITNESS 30 / 30 NOON - 12:30 pm Rob			FITNESS 30 / 30 NOON - 12:30 pm Rob	YOGA for Body, Mind & Spirit NOON - 1:00 pm Cynthia	YOGA Prenatal 11:00 am - 12:00 pm Martha	
YOGA Hatha Flow 5:15 - 6:15 pm Lauren	YOGA Yoga Essentials 5:30 - 6:30 pm Cynthia	YOGA Yoga for Stiff Bodies 5:30 - 6:30 pm Cynthia				
FITNESS More Core 5:30 - 6:00 pm Josh	FITNESS Level Up HIIT 6:00 - 6:45 pm Maryann		YOGA Hatha 5:15 - 6:15 pm Paula			
	YOGA Hatha Flow 6:30 - 7:30 pm Devin		FITNESS FITT Camp 6:00 - 6:45 pm Rob		FREE YOGA BOOK CLUB Thursdays, 6:30 - 7:30 pm Virtual Meetings via Zoom Register to get the links. Heather Eiden	

VIRTUAL
Pre-registration Required.
Drop-in or Memberships.
Meet on Zoom.

IN-PERSON
Pre-registration Required.
No walk-ins.
Drop-in or Memberships.
Meet in-person.

CLASS PRICES - Yoga & Fitness

Single Visit \$20
5-Class Package \$90
10-Class Package \$170

Packages are good for
in-person and Virtual classes.

CLASS PRICES - Prenatal Yoga

Single Visit \$20
6-Class Package \$108

MEMBERSHIPS AVAILABLE

GYM
FIT
YOGA
YOGA PLUS
VIRTUAL 5x
VIRTUAL Unlimited

PERSONAL TRAINING

In-person or Virtual
Home Program

VIRTUAL

YOGA

Chair Yoga

Tuesdays 11:00 - Noon with Cynthia

Yoga Essentials

Tuesdays 5:30 - 6:30 pm with Cynthia

Yoga for Stiff Bodies

Wednesdays 5:30 - 6:30 pm with Cynthia

Yoga Book Club

Thursdays 6:30 - 7:30 pm with Heather
1/7, 1/21, 2/4, 2/18

Vinyasa Flow

Sundays 11:00 - Noon with Lindsey

FITNESS

Power Barre

Thursdays 11:00 - Noon with Yumelia

30/30 Circuits

Thursdays Noon - 12:30 pm with Robert

IN-PERSON

YOGA

Hatha Flow

Mondays 5:15 - 6:15 pm with Lauren
Tuesdays 6:30 - 7:30 pm with Devin

Hatha Yoga

Thursdays 5:15 - 6:15 pm with Paula
Saturdays 9:30 - 10:30 am Rotation

Yoga for Body, Mind & Spirit

Fridays Noon - 1:00 pm with Cynthia

Prenatal Yoga

Saturdays 11:00 am - Noon with Martha

FITNESS

30/30 Circuits

Mondays Noon - 12:30 pm with Robert

More Core

Mondays 5:30 - 6:00 pm with Josh

Level Up! HIIT

Tuesdays 6:00 - 6:45 pm with Maryann

FITT Camp

Thursdays 6:00 - 6:45 pm with Robert

SpeedFit Circuits

Saturdays 9:00 - 9:45 am with Robert



<http://bit.ly/invivo-register>

**Register online or via the MindBody App.
Book your visit at least 60 minutes in advance.**