

2021 JULY CLASS SCHEDULE

ALL CLASSES ARE IN THE NEW STUDIO!

Book your next visit on
The MINDBODY App

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|--|---|--|
| | | | | Power Barre 9:00 - 10:00 am Maryann | SpeedFit Circuits 9:30 - 10:15 am Rob | |
| More Core 11:30 - Noon Alecia | | | INVIVO Bootcamp 11:30 - NOON Rob | | Vinyasa Flow L2 9:30 - 10:30 am Analisa | |
| Strong Flow NOON - 1:00 pm Alecia | Vinyasa Flow L1 NOON - 1:00 pm Alecia | Yoga for Stiff Bodies NOON - 1:00 pm Cynthia | | Gentle Yoga NOON - 1:00 pm Paula Tillen | Hatha Yoga 10:30 - 11:30 am Rotating Teacher | Vinyasa Flow L1 11:30 am - 12:30 pm Sarah |
| More Core 5:30 - 6:00 pm Matthew | INVIVO Bootcamp 5:30 - 6:00 pm Matthew | Hatha Yoga 5:30 - 6:30 pm Cynthia | FREE Walking Club 5:30 - 6:30 pm Jayne | | | |
| Hatha Flow Yoga 6:00 - 6:45 pm Andrea | Yoga for Stiff Bodies 6:00 - 6:45 pm Cynthia | Steel Mace Yoga 6:00 - 6:45 pm Sarah & Rob | Steel Mace Foundations 6:00 - 6:45 pm Rob | | | |
| Yin & Yoga Nidra 7:00 - 8:00 pm Misa | Vinyasa Flow L1 7:00 - 8:00 pm Analisa | Hatha Yoga 7:00 - 8:00 pm Robin | | | | |

Classes are subject to change.
Check online for most up-to-date schedule.

IN-PERSON
Pre-registration Preferred.
Walk-ins Welcomed.
Drop-in or Memberships.
Meet in-person.

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

CLASS PRICES - Yoga & Fitness

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

Packages are good for in-person and Virtual classes.

MEMBERSHIPS AVAILABLE

| | |
|-------------------|---------------|
| GYM | \$40 \$60 |
| FIT | \$80 \$100 |
| YOGA | \$100 \$120 |
| YOGA PLUS | \$150 \$170 |
| VIRTUAL 5x | \$50 |
| VIRTUAL Unlimited | \$100 |

PERSONAL TRAINING

In-person or Virtual

IN-PERSON

YOGA

Strong Flow L2

Mondays Noon - 1:00 pm with Alecia

Yin + Nidra

Mondays 7:00 - 8:00 pm with Misa

Vinyasa Flow L1

Tuesdays Noon - 1:00 pm with Alecia

Tuesdays 7:00 - 8:00 pm with Analisia

Yoga for Stiff Bodies

Tuesdays 6:00 - 6:45 pm with Cynthia

Wednesdays 12:30 - 1:30 pm with Cynthia

Gentle Yoga

Fridays Noon - 1:00 pm with Paula Tillen

Hatha Yoga

Saturdays 10:30 - 11:30 am Rotation



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



**Register online or via the MindBody App.
Book your visit at least 30 minutes in
advance.**

FITNESS

More Core

Mondays 11:30 am - Noon with Alecia

Mondays 5:30 - 6:00 pm with Matthew

Power Barre

Fridays 9:00 - 10:00 am with Maryann

INVIVO Bootcamp

Tuesdays 5:30 - 6:00 pm with Matthew

Thursdays 11:30 am - Noon with Rob

Steel Mace Yoga

Wednesdays 6:00 - 6:45 pm with Sarah & Robert

Walking Club - FREE!

Thursdays 5:00 - 6:30 pm with Jayne

Steel Mace Foundations

Thursdays 6:00 - 6:45 pm with Robert

SpeedFit Circuits

Saturdays 9:30 - 10:15 am with Robert

VIRTUAL

YOGA

Hatha Yoga

Wednesdays 5:30 - 6:30 pm with Cynthia

Wednesdays 7:00 - 8:00 pm with Robin

Vinyasa Flow L2

Saturdays 9:30 - 10:30 am with Analisia

Vinyasa Flow L1

Sundays 11:30 am - 12:30 pm with Sarah