

2021 OCTOBER CLASS SCHEDULE

ALL CLASSES ARE IN THE NEW STUDIO!

Book your next visit on
The MINDBODY App

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Hatha Flow 9:30 - 10:30 am Andrea		Hatha Flow 9:30 - 10:30 am Becky	Power Barre 9:00 - 10:00 am Maryann	SpeedFit Circuits 9:30 - 10:15 am Robert	
More Core 11:30 - Noon Alecia			Strength Circuit 11:30 - NOON Robert		Hatha Yoga 10:30 - 11:30 am Rotating Teacher	Vinyasa Flow 11:30 am - 12:30 pm Sarah
Strong Flow NOON - 1:00 pm Alecia	Vinyasa Flow NOON - 1:00 pm Alecia	Yoga for Stiff Bodies NOON - 1:00 pm Cynthia	Mindful Flow NOON - 1:00 pm Biz	Gentle Yoga NOON - 1:00 pm Paula Tillen		
More Core 5:30 - 6:00 pm Matthew	Strength Circuit 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 Express 6:00 - 6:45 pm Andrea	Yoga for Stiff Bodies - Express 6:00 - 6:45 pm Cynthia	Steel Mace Yoga 6:00 - 6:45 pm Robert	Steel Mace Foundations 6:00 - 6:45 pm Robert			
Yin & Yoga Nidra 7:00 - 8:00 pm Misa	Vinyasa Flow 7:00 - 8:00 pm Andrea	Hatha Yoga 7:00 - 8:00 pm Robin			WORKSHOP: Gong Meditation Sat., 10/30 1:30 - 3:00 pm // \$30	

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
Walk-ins welcome!

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

2060 N. Humboldt Ave., Ste. 300, Milwaukee, WI 53212
414-265-5606 • invivowellness.com



IN-PERSON

YOGA

Strong Flow

Mondays Noon - 1:00 pm with Alecia

Hatha Flow Express

Mondays 6:00 - 6:45 pm with Andrea

Yin + Nidra

Mondays 7:00 - 8:00 pm with Misa

Vinyasa Flow

Tuesdays Noon - 1:00 pm with Alecia

Tuesdays 7:00 - 8:00 pm with Andrea

Yoga for Stiff Bodies

Tuesdays 6:00 - 6:45 pm with Cynthia

Wednesdays 12:30 - 1:30 pm with Cynthia

Mindful Flow

Thursdays Noon - 1:00 pm with Biz

Hatha Flow

Tuesdays 9:30 - 10:30 am with Andrea

Thursdays 9:30 - 10:30 am with Becky

Gentle Yoga

Fridays Noon - 1:00 pm with Paula Tillen

Hatha Yoga

Saturdays 10:30 - 11:30 am Rotation



Book your next visit on
The MINDBODY App

<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

Strength Circuit

Tuesdays 5:30 - 6:00 pm with Matthew

Thursdays 11:30 am - Noon with Robert

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

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