

# 2021 SEPTEMBER CLASS SCHEDULE

ALL CLASSES ARE IN THE NEW STUDIO!

Book your next visit on  
The MINDBODY App

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Hatha Flow</b> 9:30 - 10:30 am Andrea		<b>Hatha Flow</b> 9:30 - 10:30 am Becky	<b>Power Barre</b> 9:00 - 10:00 am Maryann	<b>SpeedFit Circuits</b> 9:30 - 10:15 am Robert	
<b>More Core</b> 11:30 - Noon Alecia			<b>Strength Circuit</b> 11:30 - NOON Robert		<b>Hatha Yoga</b> 10:30 - 11:30 am Rotating Teacher	<b>Vinyasa Flow</b> 11:30 am - 12:30 pm Sarah
<b>Strong Flow</b> NOON - 1:00 pm Alecia	<b>Vinyasa Flow</b> NOON - 1:00 pm Alecia	<b>Yoga for Stiff Bodies</b> NOON - 1:00 pm Cynthia		<b>Gentle Yoga</b> NOON - 1:00 pm Paula Tillen		
<b>More Core</b> 5:30 - 6:00 pm Matthew	<b>Strength Circuit</b> 5:30 - 6:00 pm Matthew	<b>Hatha Yoga</b> 5:30 - 6:30 pm Cynthia	<b>FREE Walking Club</b> 5:30 - 6:30 pm Jayne			
<b>Hatha Flow Express</b> 6:00 - 6:45 pm Andrea	<b>Yoga for Stiff Bodies - Express</b> 6:00 - 6:45 pm Cynthia	<b>Steel Mace Yoga</b> 6:00 - 6:45 pm Robert	<b>Steel Mace Foundations</b> 6:00 - 6:45 pm Robert			
<b>Yin &amp; Yoga Nidra</b> 7:00 - 8:00 pm Misa	<b>Vinyasa Flow</b> 7:00 - 8:00 pm Andrea	<b>Hatha Yoga</b> 7:00 - 8:00 pm Robin			<b>WORKSHOP:</b> <b>Healthy Neck and Shoulders with Becky Tesch</b> Sat., 9/18 // 1:00 - 4:00 pm // \$40	

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](http://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

#### 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