

2023 APRIL CLASS SCHEDULE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Hatha Flow 9:30 - 10:30 am Paula Tillen	SALE - Swing into Spring! 10% off Personal Training & Private Sessions promocode TRAIN10			Wake Up Yoga 9:15 - 10:15 am Laura
	TRX Plus NOON - 12:30 pm Robert		Upper Body Strength 11:30 - NOON Robert		SpeedFit Circuits 9:30 - 10:15 am Robert
Essential Yoga NOON - 1:00 pm Laura	Hatha NOON - 1:00 pm Paula Trusky	Yoga for Stiff Bodies 12:30 - 1:30 pm Cynthia		Move + Meditate NOON - 1:00 pm Paula Tillen	Every Day Strength 10:30 - 11:15 am Laura
Hatha Flow Express 6:00 - 6:45 pm Andrea	Yin Yoga + Sound Bath 6:00 - 7:00 pm Jordan - NEW!	Yoga for Stiff Bodies 6:00 - 7:00 pm Cynthia	Mindful Flow 6:00 - 7:00 pm Lauren		FREE! Yoga Basics 11:30 am - 12:30 pm Rotating Teacher
Yin + Yoga Nidra 7:00 - 8:00 pm Misa	CLASS PRICES - Yoga & Fitness Walk-ins welcome! Single Visit \$20 5-Class Package \$90 10-Class Package \$170				Gong Meditation 4/1 at 1:30 pm \$30
					Restorative 4/8 at 1 pm \$40

HOURS

Monday 9 am – 8 pm
Tuesday 9 am – 8 pm
Wednesday Noon – 7 pm
Thursday 9 am – 7 pm
Friday 9 am – 5 pm
Saturday 9 am – 3 pm

Pre-registration Preferred.
Walk-ins Welcomed.
Drop-in or Memberships.

- YOGA
- FITNESS CLASSES
- EVENTS

MEMBERSHIPS AVAILABLE
GYM, FIT, YOGA, or TOTAL
Month-to-Month or 1-Month

PERSONAL TRAINING
In-person or Virtual

GYM or SAUNA VISIT
1x Drop-in Visit - \$15
Towel service included.

GIFT CERTIFICATES AVAILABLE!
Massage Therapy, Personal Training, Memberships, & Class Packages

Physical Therapy | Massage Therapy | Yoga & Fitness Classes | Personal Training | Gym | Memberships

YOGA

Essential Yoga

Mondays NOON - 1:00 pm with Laura

Hatha Flow Express

Mondays 6:00 - 6:45 pm with Andrea

Yin + Nidra

Mondays 7:00 - 8:00 pm with Misa

Hatha Flow

Tuesdays 9:30 - 10:30 am with Paula Tillen

Hatha Yoga

Tuesdays NOON - 1:00 pm with Paula Trusky

Yin Yoga + Sound Bath

Tuesdays 6:00 - 7:00 pm with Jordan - **NEW!**

Yoga for Stiff Bodies

Wednesdays 12:30 - 1:30 pm with Cynthia

Wednesdays 6:00 - 7:00 pm with Cynthia

Mindful Flow

Thursdays 6:00 - 7:00 pm with Lauren

Move + Meditate

Fridays Noon - 1:00 pm with Paula Tillen

Wake-Up Yoga

Saturdays 9:15 - 10:15 am with Laura

Yoga Basics - Community Class - FREE!

Saturdays 11:30 am - 12:30 pm

with Rotating Teachers



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 60 minutes in advance.

Healthy Updates and Mask Advisories
<https://invivowellness.com/home/community-health-updates/>

FITNESS

TRX Plus

Tuesdays NOON - 12:30 with Robert

Every Day Strength

Saturdays 10:30 - 11:15 am with Laura

Upper Body Strength

Thursdays 11:30 am - NOON with Robert

SpeedFit Circuits

Saturdays 9:30 - 10:15 am with Robert

SALE - Swing into Spring!

10% off Personal Training & Private Sessions
- promocode TRAIN10

EVENTS / WORKSHOPS

Call to register or book online.

Gong Meditation with Michael Bettine

Saturday, April 1 from 1:30 - 3:00 pm | \$30

Restorative Yoga Thai Massage with Ricky Heldt

Saturday, April 8 from 1:00 - 2:30 pm | \$40

Nada Yoga: Sound Bath Experience with Jordan Moon

Saturday, May 6 from 1:30 - 3:00 pm | \$40

Steel Mace Workshop with Rob McDonal

Saturday, May 13 from 1:00 - 3:00 pm | \$30

Class Cancellation Policy

- Need to cancel a pre-scheduled class? Cancel it online or call us to cancel it for you.
- Failure to early cancel at least 60 minutes prior to showing up for class will result in a \$10 Late Cancel fee.
- Failure to show up for your reserved class spot will result in a 100% charge of the scheduled class price or the use of a package visit.