INVIVO
physical therapy
fitness • spa • wellness

2023 MAY CLASS SCHEDULE

Book your next visit on The MINDBODY App

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	**Gift Card Flash Sale!** **May 1 - 14: For every $100 gift card purchased, get a BONUS $25 value. Buy more, get more.**			**Wake Up Yoga** 9:15 - 10:15 am Laura
	Full Body Strength NOON - 12:30 pm Robert		**Full Body Strength** NOON - 12:30 pm Robert		**SpeedFit Circuits** 9:30 - 10:15 am Robert
Essential Yoga NOON - 1:00 pm Laura	**Foundations Yoga** NOON - 1:00 pm Ruth - NEW!	**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 **Foundations Yoga** 11:30 am - 12:30 pm Rotating Teacher
Align & Flow Yoga 5:30 - 6:30 pm Andrea - NEW!	**Yin Yoga + Sound Bath** 6:00 - 7:00 pm Jordan	**Yoga for Stiff Bodies** 6:00 - 7:00 pm Cynthia	**Flow & Let Go** 6:00 - 7:00 pm Laura - NEW!		**May 6:** **Nada Yoga** **May 13:** **Steel Mace** **May 20:** **Restorative Yoga + Thai Massage** **May 21:** **Kick Your Asana Pop-up Class** **Restore to Do More**
Yin + Yoga Nidra 7:00 - 8:00 pm Misa	**FREE! Walking Club** 6:00 - 7:00 pm	**CLASS PRICES** **Yoga & Fitness Walk-ins are welcome!** Single Visit $20 | 10-Class Package $170			

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
Month-to-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

INVIVO Wellness 2060 N. Humboldt Ave., Ste. 300 (Third Floor), Milwaukee, WI 53212
414-265-5606 • invivowellness.com • @invivowellness

invivo physical therapy fitness • spa • wellness

Classes

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YOGA

Essential Yoga
Mondays NOON - 1:00 pm with Laura

Align & Flow Yoga
Mondays 5:30 - 6:30 pm with Andrea - **NEW TIME!**

Yin + Nidra
Mondays 7:00 - 8:00 pm with Misa

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

Foundations Yoga
Tuesdays NOON - 1:00 pm with Ruth - **NEW!**

Yin Yoga + Sound Bath
Tuesdays 6:00 - 7:00 pm with Jordan

Yoga for Stiff Bodies
Wednesdays 12:30 - 1:30 pm with Cynthia
Wednesdays 6:00 - 7:00 pm with Cynthia

Flow & Let Go
Thursdays 6:00 - 7:00 pm with Laura - **NEW!**

Move + Meditate
Fridays Noon – 1:00 pm with Paula Tillen

Wake-Up Yoga
Saturdays 9:15 - 10:15 am with Laura

Foundations Yoga - Donation-based
Saturdays 11:30 am - 12:30 pm
with Rotating Teachers

Kick your Asana Pop-up Practice
Sunday May 21 from 10:30 - 11:45 am

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

Full Body Strength
Tuesdays NOON - 12:30 with Robert
Thursdays NOON - 12:30 with Robert

FREE! Walking Club
Tuesdays 6:00 - 7:00 pm with Jayne

Every Day Strength
Saturdays 10:30 - 11:15 am with Laura

SpeedFit Circuits
Saturdays 9:30 – 10:15 am with Robert

SALE - Gift Card Flash Sale

May 1 - 14: For every $100 gift card purchased, get a BONUS $25 value.
Buy more, get more.

EVENTS / WORKSHOPS

Call to register or book online.

Nada Yoga: Sound Bath Experience with Jordan Moon
Saturday, May 6 from 1:30 - 3:00 pm | $40

Steel Mace Workshop with Rob McDonial
Saturday, May 13 from 1:00 - 3:00 pm | $30

Restorative Yoga Thai Massage with Ricky Heldt
Saturday, May 20 from 1:00 - 2:30 pm | $40

Restore to Do More with Laura Rooney
Saturday, May 21 from 1:00 - 2:30 pm | $35

Gong Meditation with Michael Bettine
Saturday, June 24 from 1:30 - 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.