

414-265-5606

2060 North Humboldt Avenue

Milwaukee, WI 53212

www.invivofitness.com

INVIVO March Class Schedule

* Not Included In Yoga or Fitness Membership

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|--|
| <p>Good Karma Sunday: 1st Sunday of Every Month</p> <p>10a-11:15a Sunday Renewal ALL LEVELS ALICIA</p> <p>*12p-1p Prenatal Yoga MARIA</p> <p>1:15p-2:30p Ashtanga- Lead PJ/LARISSA</p> | <p>12p-1p Yoga Fusion ALL LEVELS ERIN</p> <p>5:30p-6:30p Core Fusion ALL LEVELS (CLASS IN SPA) ANNE</p> <p>5:30p-6:30p Hatha Yoga Basics LEVEL 1 ERIN</p> <p>5:45p-6:30p Circuit Club (ALL LEVEL) AMBER</p> <p>6:30p-7p Abs a la carte (ALL LEVEL, CLASS IN STUDIO) AMBER</p> <p>NEW! 6:30p-7:15p MEDITATION ROBERT PENNY (CLASS IN SPA)</p> <p>7p-8p Power Yoga LEVEL 2-3 LEAH</p> | <p>12p-1p Yoga for Healing LEVEL 1 SHARI</p> <p>5:30p-6:30p Hatha Yoga ALL LEVEL TRACY</p> <p>6:30p-7:30p Hatha Flow LEVEL 2-3 TRACY</p> | <p>12p-1p Hatha Flow LEVELS 1-2 MARIA</p> <p>5:30p-6:30p Core Fusion ALL LEVELS PAULA</p> <p>5:45p-6:45p Circuit Club (ALL LEVEL) AMBER</p> <p>*NEW! 6:45p-7:45p Intermediate Hatha Yoga: In Depth 6-Week Workshop Feb 17th- March 24th PAULA</p> | <p>12p-1p Hatha Yoga ALL LEVELS TRACY</p> <p>5:30p-6:30p Hatha Yoga Basics LEVEL 1 PAULA</p> <p>*6:30p-7:30p Prenatal Yoga NICOLE</p> <p>*NEW! 7:30p-9p Martial Qigong ROBERT PENNY</p> | <p>NEW! 7a-8:30a Ashtanga Yoga LARISSA</p> <p>12p-1p Hatha Yoga ALL LEVELS MARIA</p> <p>5:30p-6:30p Vinyasa Flow LEVEL 2 SHARI</p> | <p>9a-10a Sun Salutations LEVEL 2 PAULA</p> <p>10a-11a Hatha Yoga ALL LEVELS TRACY</p> <p>10a-11:15a Circuit Club (ALL LEVEL) AMBER</p> <p>*NEW! 11:30a-1p Martial Qigong ROBERT PENNY</p> |

New 2010 Fitness Memberships include only Circuit Club, Core Fusion and Abs a la carte.

Members please call ahead to reserve a spot for classes. Walk-in's are first come first serve.

Non-Member Class Rates:

- Drop In \$15
- 10 Pack Class Card \$120
- 20 Pack Class Card \$200

Sunday Classes will be Free on the FIRST Sunday of every month. Classes will still be held on all other Sundays and will be available to Non-members for a drop-in fee or with a class card.

Fitness Center Hours:

- Monday - Thursday 6am - 9pm
- Friday 6am - 8pm
- Saturday 8am - 5pm
- Sunday 9am - 4pm