

INVIVO September Class Schedule

414-265-5606

2060 North Humboldt Avenue

Milwaukee, WI 53212

www.invivofitness.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>12p-1p Yoga Fusion ALL LEVELS BIZ</p> <p>5:30p-6:30p Hatha Yoga Basics LEVEL 1 ALICIA</p> <p>5:45p-6:30p Outdoor Action ALL LEVELS BIZ</p> <p>6:30p-7p Abs a la carte ALL LEVEL, CLASS IN STUDIO BIZ</p> <p>7p-8:15p Power Yoga LEVEL 2-3 JEN</p>	<p>12p-1p Hatha Yoga ALL LEVELS TRACY</p> <p>5:30p-6:30p Hatha Yoga ALL LEVELS TRACY</p> <p>6:30p-7:30p Yoga for Strength & Alignment LEVEL 2-3 PAULA</p> <p>7:30p-8:30p Yoga Fusion ALL LEVELS MARIA</p>	<p>12p-1p Hatha Flow LEVEL 1-2 MARIA</p> <p>*1:30p-3:00p Yoga for Back Care 8 Week Session: 9/15-11/3 BIZ</p> <p>5:45p-6:45p Hatha Flow LEVEL 2-3 TRACY</p> <p>6:00p-7:00p Outdoor Action ALL LEVELS SARAH</p> <p>7:00p-8:15p NEW! Vinyasa Flow LEVEL 2-3 ALI</p>	<p>7a-8a NEW! Power Yoga LEVEL 2-3 JAIMI</p> <p>12p-1p Yoga for Healing LEVEL 1 SHARI</p> <p>5:30p-6:30p Hatha Yoga Basics LEVEL 1 PAULA</p> <p>*6:30p-7:30p Prenatal Yoga NICOLE</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-11a Stroller Boot Camp MEETS AT LAKE PARK BISTRO BRITTNEY/SARAH</p>	<p>Good Karma Sunday: 10a classes FREE for ALL on the FIRST Sunday of every month!!!</p> <p>10a-11:15a Sunday Renewal ALL LEVELS ALICIA</p> <p>*12p-1p Prenatal Yoga MARIA</p>

New 2010 Fitness Memberships include only Circuit Club, Abs a la carte and Meditation.
Members please call ahead to reserve a spot for classes. Walk-in's are first come first serve.

Key:

■ Yoga Classes

■ Fitness Classes

■ *Not included in membership or class card; additional fee

Non-Member Class Rates:

Drop In \$15

10 Pack Class Card \$120

20 Pack Class Card \$200

Fitness Center Hours:

Monday - Thursday 6am - 9pm

Friday 6am - 8pm

Saturday 8am - 5pm

Sunday 9am - 4pm