

Inner Strength Fitness & Yoga Studio Schedule (Starting 12/1/21)

	Monday Fit Studio	Monday Yoga/Cycle Studio	Tue Fit Studio	Tue Yoga/Cycle Studio	Wed Fit Studio	Wed Yoga/Cycle Studio	Thu Fit Studio	Thu Yoga/Cycle Studio	Fri Fit Studio	Fri Yoga/Cycle Studio	Sat Fit Studio	Sat Yoga/Cycle Studio	Sun Yoga/Cycle Studio
6am	Cardio Kickbox - Shanen		Adrenaline - Amber				Pure Strength Plus - Kathy		Adrenaline Lite - Amber				
8am											Barre - Traci/Kelly		
8:30am									Strong - Stacy			ISFS Cycle - IR	
9am				Mixed Level Yoga Flow - Natalie				Mixed Level Yoga Flow - Amber C		Virtual All Levels Flow - Andrea	Anything Goes - IR		Cycle - Holly
9:30am	Adrenaline - Amber	Cycle - Janice	Pure Strength - Shanen		Barre Fit - Chelsea/Janice	Cycle - Angie	Cardio Kickbox - Shanen		Pure Strength - Shanen				
10am											Intro to Yoga		Yoga Stretch - Shanen
10:30am													
5pm			BodyBlast Circuit - Kori				BodyBlast Circuit - Shanen						
5:30pm	Pure Strength - Kori			Vinyasa Flow - Donna	Strong - Stacy	ISFS Cycle - Angie		Cycle - Alyssa		ISFS Cycle - Holly			
5:45pm		Pilates - Sherry											
6pm			RIPPED -Tonya				Cardio Kickbox - Kelly						
6:30pm	Zumba - Stacy				POUND - Shanen			Yoga Barre Fusion - Chelsea/Sherry					
6:45pm		Vinyasa Flow - Patti		Cycle - Kelly		Yoga Core Fusion - Patti							

*IR - Instructor Rotation

Pricing

Drop in - \$12

5 Class Pass - \$55

10 Class Pass - \$100

1 Month Unlimited - \$75

6 Membership Monthly - \$65 or Paid in Full \$350

To purchase or sign up for classes go to:

www.innerstrengthfitnessstudio.com

or use the MINDBODY app on your device & search for Inner Strength Fitness Studio