

INDIGO EAST FITNESS

January 2026 Class Schedule

Mondays:

9:00 am - Walk Fit
10:00 am - Total Body Yoga Flow
11:00 am - Muscle Fit
5:00 pm - Strength and Mobility



Wednesdays:

9:00 am - Walk Fit
10:00 am - Full Body Yoga Flow
11:00 am - Muscle Fit
5:00 pm - Strength and Stretch

**SCAN THE QR CODE TO
DOWNLOAD THE OTOW APP.
NEVER MISS AN EVENT OR UPDATE!**



**On Top of
the World.**

Where the Cool Kids Retire®