

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!

