

# INDIGO EAST FITNESS

## February 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®*