

# FITNESS **on** DEMAND

INDIGO EAST FITNESS CENTER

**World Class**  
*Active* **Aging**

ON TOP OF THE WORLD



## MONDAY

9 AM - Walk Fit or Dance Fit

10 AM - Yoga

11 AM - Strength

5 PM - Strength & Flexibility

## WEDNESDAY

9 AM - Walk Fit or Dance Fit

10 AM - Yoga

11 AM - Strength

5 PM - Strength & Flexibility



Indigo East