

OFFERING WEEKLY FITNESS OPPORTUNITIES



Located @10 Boulevard, Carlton Landing, Ok 74432

(enter Carlton Landing from 9A, drive to the end of Ridgeline, turn left (you will see the pavilion on the left), turn right (between the red door schoolhouse & the meeting house), drive passed the playground & office space, INVIVO is in the long building on the right side, nestled between two garage style buildings.

Current classes include: Indoor Cycling, PilatesMatFusion, Yoga & BodyPump

CLASSES HELD OUTDOORS WHEN WEATHER PERMITS, OTHERWISE IN THE STUDIO

FOR FURTHER INFORMATION OR TO RESERVE YOUR SPOT

CONTACT ME VIA ONE OF THESE LINKS

CONTACT INFORMATION

918-805-6610

invivofitnesscl@gmail.com

<https://www.facebook.com/groups/InvivoFitness/>

PHONE APP: get.mnbdy.ly/s1ud/g4QBzHccCu

WEBSITE: <http://invivofitness.net>

ALSO AVAILABLE FOR PRIVATE EVENTS/RETREATS



STAY STRONG IN FAITH, BODY AND MIND

JENNY PAGE