

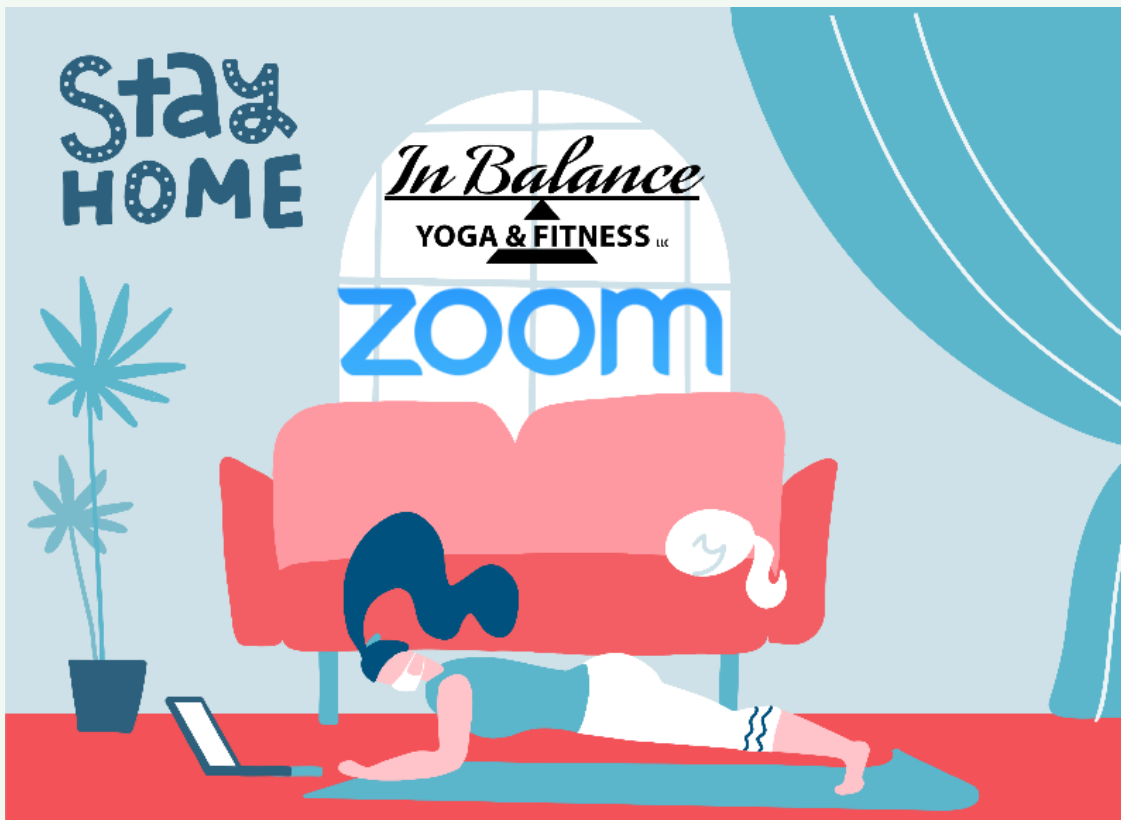
In Balance

YOGA & FITNESS LLC

Hello In Balance Family and Friends

Spring has sprung and Easter is on it's way! Hopefully we are all practicing our mindful distancing and being very aware of good hygiene. I am sure we have all been inundated with the news and the ways to stay healthy and safe. So we won't go there with you today. Just know that we care about you and are sending out good energy to all!

We have been busy while being isolated. Roxie started us out with a Facebook Live group and she is getting everyone to stay in shape with her wonderful cardio and stretch classes. Gary, Heather S. and Stacy then figured out how Zoom can work through the studio's software and have been teaching classes of Barre, Core Fusion, Yoga, and Morning Stretching. And Heather B. has now started a Thursday Facebook Live group that is doing circuits with many amazing ideas to do at home. Both Roxie's and Heather B's FB Live classes are closed groups and will need permission to join. Please contact them or call or email the studio. Stay tuned for other instructors that may join in with all this fun.



We have worked very hard to bring you some of our regular scheduled classes online through Zoom. It is very easy to use and it is a great way for you to stay busy and fit while we are all still stuck at home. Follow the steps below and if you have any questions please reach out

to us for help.

#1

Download the zoom.us App in your device's App Store.

#2

Go to our website www.inbalanceyogafitness.com
Click on Schedule on the top menu bar. Scroll down to see the calendar and right above it in the upper right corner click on **Log in/Create**. Fill in your email and make a password.

#3

Go to the schedule and click on the class you want to take. Click the **Sign Up** button and register for that class. This needs to be done before the class starts and can be done even several days in advance.

#4

Ten minutes or so before your class, log on to the website again....find your class you signed up for and click the **View Broadcast**. And you're IN!

#5

Enjoy your class and see your fellow students and instructors!



You will be able to use your credits and memberships already on the computer. If you are in need of adding onto your existing account you can go on to the website and click on Pricing. Scroll down and you are able to purchase what works best for you and use your credit card. For those of you that have them on file, we can certainly charge them for you with your permission when you take a class. Those of you that prefer to use a check, please feel free to mail it to our locked box at the post office - P.O. Box 88 , River Falls WI 54022

And of course we are always welcoming to our new students! Please come and take your first class free....whether it's online or you wait until the pandemic is over and meet us at the studio.



Thank you for being the best students and staff ever! We really value you and appreciate your presence at In Balance Yoga & Fitness. Please stay safe and healthy and we hope to connect with you through Zoom, FB live, or back in our lovely studio when it's safe to do so.

Namaste,

Stacy and Scott and the IB Team

**STAYS SAFE
AND STAY
POSITIVE**



Share



Forward

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Thanks for wanting to hear news about our studio, InBalance Yoga & Fitness!**

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