



## **READY-TO-RUN**

For Immediate Release, Oct. 24

### **Invoke to open second location on north side of Indianapolis**

Amy Peddycord, owner of Invoke Studio ([www.invokestudio.com](http://www.invokestudio.com)) in downtown Indianapolis, is partnering with Dr. Marcus McCray of Excell Sports Chiropractic & Rehab, LLC to open a second studio location this early November at 1315 W. 86<sup>th</sup> Street (near 86<sup>th</sup> and Ditch).

**Invoke Wellness Center** will provide the same classes as the downtown location: heated and non-heated yoga, Pilates and Invoke's signature class – Bar Effect. McCray, chiropractor to the Indianapolis Colts, will offer chiropractic manipulation, rehabilitative exercise prescription, therapeutic modalities and myofascial release. Certified massage therapist Karen Wiltrout will also be located in-house, providing therapeutic deep tissue massage and other techniques designed for active people.

"Yoga and chiropractic wellness are great complements to each other and work together to promote overall health," Peddycord said. "Our yoga clients will have the benefit of an in-house chiropractor and certified massage therapist for the complete mind-body experience."

In the eight years since Invoke opened its doors, the studio has consistently ranked as one of the city's top yoga and Pilates studios. Invoke was named "Best Yoga/Pilates Studio" in NUVO's 2013 Best Of Indy issue. Consistent class formats, taught by certified and experienced instructors, attract a broad demographic.

"Because we offer a full roster of classes, there's something for everyone," Peddycord said.

The studio, approximately 3,000 square feet, features brand new bamboo floors and a beautiful two-sided fireplace – perfect for adding heat to yoga classes. The space houses a large practice room in addition to a modern and sophisticated common space, a retail boutique and Excell's treatment rooms.

Invoke Wellness will offer one free week of unlimited classes to all students until January 1. After January 1, the studio will offer its popular two weeks for \$30 promotion for new students.

“The vibe on the north side is a perfect fit for Invoke Wellness,” Peddycord said. “We can’t wait to bring a taste of our downtown studio to 86<sup>th</sup> Street.”

**Invoke Studio’s Mission Statement**

Invoke offers energetic yoga and Pilates classes in a welcoming, community-minded atmosphere, providing an accessible experience to novice and advanced Indy yoga and Pilates practitioners alike.

###

Contact:

Amanda Dorman

[info@invokestudio.com](mailto:info@invokestudio.com) or 317.374.3180

Amy Peddycord

[amy@invokestudio.com](mailto:amy@invokestudio.com) or 525.6965