

YOGA for ATHLETES®

60 minute classes

YFA level 1-2 beginners

YFA all levels

YFA level 2-3 intermediate-advanced

teachers training-2010

2 WEEK INTENSIVES

FEBRUARY 20-MARCH 7 (sign up NOW)
MAY 8-23

JULY 31-AUGUST 15

NOVEMBER 6-15

Follow YAS on **twitter**:

<http://twitter.com/YASFitness>

Find us on **facebook**

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
December 24	December 25/ January 1 CLOSED	December 26	December 27	December 28	December 29	December 30
8:30 AM YFA level 1-2 Julie Simon		8:30 AM YFA level 1-2 Denis Morton	8:30 AM YFA level 1-2 Denis Morton	8:30 AM YFA level 1-2 Myrna Gaardsmoe	8:30 AM YFA level 1-2 Denis Morton	8:30 AM YFA level 2-3 Nicole Sciacca
10:00 AM YFA all levels Kimberly Fowler		10:00 AM YFA level 2-3 Kimberly Fowler	10:00 AM YFA all levels Kimberly Fowler	10:00 AM YFA level 2-3 Julie Simon	10:00 AM YFA all levels Sherri Rosen	10:00 AM YFA level 2-3 Julie Simon
December 31		4:30 PM YFA all levels April Jacobson	4:30 PM YFA all levels April Jacobson	4:30 PM YFA all levels Diane Magnette	4:30 PM YFA all levels Kerry Sullivan	4:30 PM YFA all levels Diane Magnette
8:30 AM YFA level 1-2 Denis Morton		6:00 PM YFA all levels Tara Pollak	6:00 PM YFA all levels Tara Pollak	6:00 PM YFA level 2-3 Sherri Rosen	6:00 PM YFA all levels Denis Morton	6:00 PM YFA level 2-3 Sherri Rosen
10:00 AM YFA all levels Kimberly Fowler						

YAS indoor cycling

45 minute classes

remember to reserve your BIKE!

310.396.6993

sign up for our NEWSLETTER (go2yas.com)

you asked for it!!
**yoga privates
& monthly auto debit**
coming in january!!

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
December 24	December 25/ January 1 CLOSED	December 26	December 27	December 28	December 29	December 30
				7:15 AM Myrna Gaardsmoe	7:15 AM Julie Simon	7:15 AM Myrna Gaardsmoe
8:15 AM Myrna Gaardsmoe		8:15 AM Myrna Gaardsmoe	8:15 AM Myrna Gaardsmoe	8:15 AM Denis Morton	8:15 AM Myrna Gaardsmoe	8:15 AM Denis Morton
9:15 AM Sherri Rosen		9:15 AM Sherri Rosen	9:15 AM Sherri Rosen	9:15 AM Julie Simon	9:15 AM Sherri Rosen	9:15 AM Julie Simon
10:15 AM Julie Simon		10:15 AM Denis Morton	10:15 AM Denis Morton	10:15 AM Denis Morton	10:15 AM Denis Morton	10:15 AM Nicole Sciacca
December 31		4:15 PM Stephanie Arculli	4:15 PM Stephanie Arculli	4:15 PM Kerry Sullivan	4:15 PM April Jacobson	4:15 PM Arlene Ferrer
8:15 AM Myrna Gaardsmoe		5:15 PM Tara Pollak	5:15 PM Tara Pollak	5:15 PM Sherri Rosen	5:15 PM Denis Morton	5:15 PM Sherri Rosen
9:15 AM Sherri Rosen				6:15 PM Denis Morton	6:15 PM Myrna Gaardsmoe	6:15 PM Denis Morton
10:15 AM Denis Morton						

YAS class

30 minute CYCLE + 30 minute YOGA

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
11:15 AM all levels Julie Simon	December 25/ January 1st	11:15 AM all levels Julie Simon	11:15 AM all levels Julie Simon	11:15 AM all levels Myrna Gaardsmoe	11:15 AM all levels Julie Simon	11:15 AM all levels Nicole Sciacca
	CLOSED					

PRICES

Single Class	\$16	
Single Student	\$13	(with valid ID)
5 Classes	\$75	[\$15/class]
10 Classes	\$130	[\$13/class]
10 Classes Student	\$110	(with valid ID)
15 Classes	\$180	[\$12/class]
20 Classes	\$225	[\$11.25/class]

**all packages can be used for both YOGA & YAS indoor cycling

Take **10% off class package series** when purchased on your first visit to YAS!! (does not include specials or unlimited packages)

BONUS: no time limit on class packages!

UNLIMITED CLASSES

Can be used for both YOGA & YAS Indoor Cycling classes

1 Month Unlimited	\$225	
3 Month Unlimited	\$525	[\$175/month]
6 Month Unlimited	\$900	[\$150/month]
1 Year Unlimited	\$1,650	[\$137.50/month]

Sign-up Policy: We recommend that you sign-up in advance for YAS indoor cycling classes. Only series and UNLIMITED pass holders may sign-up in advance. Call **(310) 396-6993**

Studio Policy: No refunds, extensions or transfers of class packages.

Cancellations Policy: You may cancel your reservation and not be charged up to 15 minutes prior to start of class. If you do not call and cancel you will be charged for the class. We will only hold reservations until the class begins.

DECEMBER SPECIAL

10 classes for \$100

"give the gift of health"

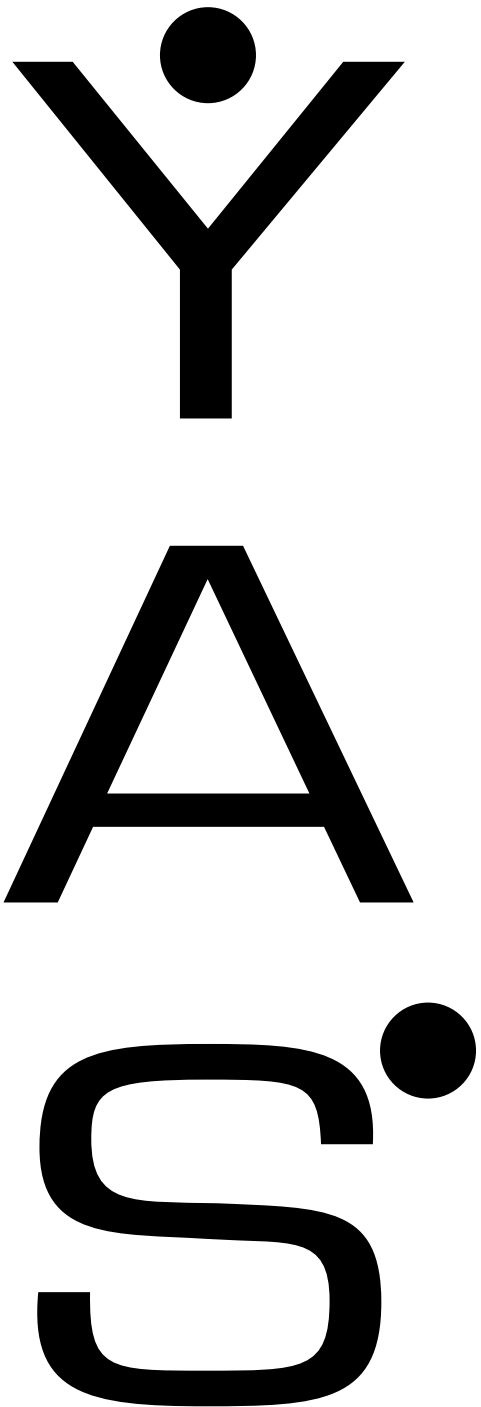
gift cards available

1101 abbot kinney blvd., venice, california 90291
phone 310.396.6993 • fax 310.396.6903
email: info@go2yas.com
go2yas.com

1101 abbot kinney blvd.
venice, california 90291

fitness
YAS
indoor cycling

fitness centers
www.go2yas.com



HOLIDAY 2009 SCHEDULE
december 24th-january 1st