

YOGA for ATHLETES®

(YFA) 60 minute classes

YFA level 1-2-beginners

YFA all levels-intermediate

YFA level 2-3-advanced

teachers training-2010

2 WEEK INTENSIVES

MAY 8-23 (sign up NOW)

JULY 31-AUGUST 15

NOVEMBER 6-15

Follow YAS on **twitter**:

<http://twitter.com/YASFitness>

Find us on **facebook**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM YFA level 2-3 Denis Morton	7:00AM YFA all levels Tara Pollak	7:00AM YFA level 2-3 Denis Morton	7:00AM YFA all levels Tara Pollak	7:00AM YFA level 2-3 Denis Morton	7:00AM YFA all levels Myrna Gaardsmoe	
8:30AM YFA all levels Nicole Sciacca	8:30AM YFA all levels Gina Heekin	8:30AM YFA all levels Nicole Sciacca	8:30AM YFA all levels Gina Heekin	8:30AM YFA all levels Nicole Sciacca	8:30AM YFA level 1-2 Denis Morton	8:30AM YFA level 1-2 Tom Marando
10:00AM YFA level 2-3 Julie Simon	10:00AM YFA all levels Sherri Rosen	10:00AM YFA level 2-3 Julie Simon	10:00AM YFA all levels Sherri Rosen	10:00AM YFA level 2-3 Julie Simon	10:00AM YFA all levels Kimberly Fowler	10:00AM YFA all levels Kimberly Fowler
12:30PM YFA all levels Myrna Gaardsmoe	12:30PM YFA level 1-2 Darlene Scott	12:30PM YFA all levels Myrna Gaardsmoe	12:30PM YFA level 1-2 Darlene Scott	12:30PM YFA all levels Myrna Gaardsmoe		
4:30PM YFA all levels Diane Magnette	4:30PM YFA all levels Kerry Sullivan	4:30PM YFA all levels Diane Magnette	4:30PM YFA all levels Kerry Sullivan	4:30PM YFA all levels Diane Magnette	4:30PM YFA all levels April Jacobson	4:30PM YFA all levels April Jacobson
6:00PM YFA level 2-3 Sherri Rosen	6:00PM YFA all levels Nicole Sciacca	6:00PM YFA level 2-3 Sherri Rosen	6:00PM YFA all levels Nicole Sciacca	6:00PM YFA all levels Denis Morton	6:00PM YFA level 2-3 Tom Marando	6:00PM YFA level 2-3 Tara Pollak
7:30PM YFA all levels Denis Morton	7:30PM YFA all levels Tom Marando	7:30PM YFA all levels Denis Morton	7:30PM YFA all levels Tom Marando	7:30PM YFA all levels Gina Heekin		

YAS indoor cycling

45 minute classes

remember to reserve your **BIKE!**

310.396.6993

go2yas.com for upcoming

WORKSHOPS, EVENTS & RETREATS

sign up for our NEWSLETTER (go2yas.com)

march is
MEMBERSHIP MONTH

bring a friend for **FREE** for
their 1st class to **YAS**

* **YOU** get **10%** off your next
class package

*your friend must purchase a minimum of 5
classes on their 1st visit in order to get 10%
off your next package

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM Tom Marando	6:15AM Tara Pollak	6:15AM Tom Marando	6:15AM Tara Pollak	6:15AM Tom Marando		
7:15AM Tara Pollak	7:15AM Julie Simon	7:15AM Tara Pollak	7:15AM Julie Simon	7:15AM Tara Pollak	7:15AM Nicole Sciacca	
8:15AM Denis Morton	8:15AM Nicole Sciacca	8:15AM Denis Morton	8:15AM Nicole Sciacca	8:15AM Denis Morton	8:15AM Myrna Gaardsmoe	8:15AM Myrna Gaardsmoe
9:15AM Julie Simon	9:15AM Sherri Rosen	9:15AM Julie Simon	9:15AM Sherri Rosen	9:15AM Julie Simon	9:15AM Sherri Rosen	9:15AM Sherri Rosen
10:15AM Nicole Sciacca	10:15AM Gina Heekin	10:15AM Nicole Sciacca	10:15AM Gina Heekin	10:15AM Nicole Sciacca Hip Hop	10:15AM Denis Morton	10:15AM Tom Marando
12:15PM Diane Magnette	12:15PM Katie Horwitch	12:15PM Diane Magnette	12:15PM Katie Horwitch	12:15PM Diane Magnette		
4:15PM Arlene Ferrer	4:15PM April Jacobson	4:15PM Arlene Ferrer	4:15PM April Jacobson	4:15PM Arlene Ferrer	4:15PM-NEW Kerry Sullivan	4:15PM-NEW Kerry Sullivan
5:15PM Sherri Rosen	5:15PM Nicole Sciacca	5:15PM Sherri Rosen One Artist	5:15PM Nicole Sciacca	5:15PM Denis Morton	5:15PM Tom Marando	5:15PM Tara Pollak
6:15PM Denis Morton	6:15PM Tom Marando	6:15PM Denis Morton	6:15PM Tom Marando	6:15PM Gina Heekin 1 Hour	6:15PM Gina Heekin 1 Hour	6:15PM Gina Heekin 1 Hour
7:15PM Tom Marando	7:15PM Myrna Gaardsmoe	7:15PM Tom Marando	7:15PM Myrna Gaardsmoe			

YAS class

30 minute CYCLE + 30 minute YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM all levels Keri Hehn	5:30AM all levels Carla Persell	5:30AM all levels Keri Hehn	5:30AM all levels Carla Persell	5:30AM all levels Keri Hehn		
11:15AM all levels Amanda Cosindas	11:15AM all levels Julie Simon	11:15AM all levels Amanda Cosindas	11:15AM all levels Julie Simon	11:15AM all levels Amanda Cosindas	11:15AM all levels Julie Simon	11:15AM all levels Julie Simon

PRICES

Single Class	\$17	
Single Student	\$14	(with valid ID)
5 Classes	\$80	(\$16/class)
10 Classes	\$140	(\$14/class)
10 Classes Student	\$125	(with valid ID)
15 Classes	\$195	(\$13/class)
20 Classes	\$240	(\$12/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

1 Month Unlimited	\$225	
3 Month Unlimited	\$525	(\$175/month)
6 Month Unlimited	\$990	(\$165/month)
1 Year Unlimited	\$1,800	(\$150/month)
Auto debit-3 month commitment		(\$180/month)

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

**auto debit agreement-non-refundable \$50 set up fee

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.

MARCH SPECIAL

20 classes for \$215

only \$10.75 per class

(save \$25!)

YAS
fitness centers

1101 abbot kinney blvd., venice, california 90291
phone 310.396.6993 • fax 310.396.6903

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MARCH 2010 SCHEDULE