

YOGA for ATHLETES®

(YFA) 60 minute classes

YFA all levels-intermediate

YFA level 2-3-advanced

YFA RIPPED-with weights

teachers training-2012

2 WEEK INTENSIVES

FEBRUARY 25-MARCH 11

MAY 5-20

AUGUST 4-19

NOVEMBER 3-18

Follow YAS on **twitter:**

@YASFitness

Find us on **facebook**

YAS indoor cycling

45 minute classes

remember to reserve your BIKE!

213.430.9053

go2yas.com for upcoming

WORKSHOPS, EVENTS & RETREATS

sign up for our NEWSLETTER (go2yas.com)

YAS TEACHERS TRAINING
february 25-march 11
sign up NOW!

Reasons for Taking the Training:

- * Do you want to teach?
- * Deepen your yoga practice?
- * Boot Camp-Lose weight?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM YFA all levels Elizabeth Ryan	7:00AM-NEW! YFA all levels Jonathan Hua	7:00AM YFA all levels Elizabeth Ryan	7:00AM-NEW! YFA all levels Jonathan Hua	7:00AM YFA all levels Elizabeth Ryan		
8:30AM-NEW! YFA RIPPED Erin Weber	8:30AM YFA all levels Stephanie Arculli	8:30AM-NEW! YFA RIPPED Erin Weber	8:30AM YFA all levels Stephanie Arculli	8:30AM-NEW! YFA RIPPED Erin Weber	10:00AM YFA all levels Stephanie Arculli	
12:30PM YFA all levels Kristi Nakayama	12:30PM YFA all levels Stephanie Arculli	12:30PM YFA all levels Kristi Nakayama	12:30PM YFA all levels Stephanie Arculli	12:30PM YFA all levels Stephanie Arculli		
4:30PM YFA all levels Stephanie Arculli	4:30PM YFA all levels Stephanie Arculli	4:30PM YFA all levels Stephanie Arculli	4:30PM YFA all levels Stephanie Arculli	4:30PM YFA all levels Stephanie Arculli		
6:00PM YFA all levels Kristie LaTray	6:00PM YFA all levels Karyn Nesbit	6:00PM YFA all levels Kristie LaTray	6:00PM YFA all levels Karyn Nesbit	6:00PM YFA all levels Kristie LaTray		
7:30PM YFA all levels Karyn Nesbit	7:30PM YFA all levels Emily Schroeder	7:30PM YFA all levels Karyn Nesbit	7:30PM YFA all levels Emily Schroeder	7:30PM YFA all levels Karyn Nesbit		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM Elizabeth Ryan	6:15AM Jonathan Hua	6:15AM Elizabeth Ryan	6:15AM Jonathan Hua	6:15AM Elizabeth Ryan		
7:15AM Erin Weber	7:15AM Kristen Billings	7:15AM Erin Weber	7:15AM Kristen Billings	7:15AM Erin Weber	9:15AM Kristie LaTray	
8:15AM Stephanie Arculli	8:15AM Elizabeth Ryan	8:15AM Stephanie Arculli	8:15AM Elizabeth Ryan	8:15AM Stephanie Arculli	10:15AM-NEW! Elizabeth Ryan	
12:15 PM Stephanie Arculli	12:15PM Coco Wilson	12:15PM Stephanie Arculli	12:15PM Coco Wilson	12:15PM Elizabeth Ryan		
4:15PM Kristi Nakayama	4:15PM-NEW! Elizabeth Ryan	4:15PM Oliver Vasquez	4:15PM-NEW! Elizabeth Ryan	4:15PM Oliver Vasquez		
5:15PM Kristie LaTray	5:15PM Karyn Nesbit	5:15PM Kristie LaTray One Artist	5:15PM Karyn Nesbit	5:15PM Kristie LaTray		
6:15PM Karyn Nesbit	6:15PM-NEW! Kristie LaTray	6:15PM Karyn Nesbit	6:15PM-NEW! Kristie LaTray	6:15PM Karyn Nesbit		
7:15PM Jessie Wetherbe	7:15PM Cayley Tullman	7:15PM Jessie Wetherbe	7:15PM Cayley Tullman	7:15PM Jessie Wetherbe		

YAS class

30 minute CYCLE + 30 minute YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:15AM all levels Erin Weber	11:15AM all levels Stephanie Arculli	11:15AM all levels Erin Weber	11:15AM all levels Stephanie Arculli	11:15AM all levels Erin Weber	11:15AM-NEW! all levels Erin Weber	
	8:15PM-NEW! all levels Karyn Nesbit		8:15PM-NEW! all levels Erin Weber			

PRICES

Single Class	\$18	
Single Student	\$15	(with valid ID)
5 Classes	\$80	[\$16/class]
10 Classes	\$150	[\$15/class]
10 Classes Student	\$135	(with valid ID)
20 Classes	\$280	[\$14/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 213 430-9053

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

Cancellations Policy: You may cancel your reservation and not be charged up to 1 hour 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.

FEBRUARY SPECIAL

buy 15 classes
get 1 FREE
plus a YAS towel
\$215!!

YAS
fitness centers

831 s. hope street los angeles, california 90017
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FEBRUARY 2012 SCHEDULE