

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

NOVEMBER 6-21

Follow YAS on **twitter**:

<http://twitter.com/YASFitness>

Find us on **facebook**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM- NEW YFA Level 2-3 Stephanie Arculli	7:00AM YFA all levels Myrna Gaardsmoe	7:00AM-NEW YFA Level 2-3 Stephanie Arculli	7:00AM YFA all levels Myrna Gaardsmoe	7:00AM-NEW YFA Level 2-3 Stephanie Arculli		
8:30AM YFA all levels Veronica Reynolds	8:30AM-NEW YFA RIPPED Cody Pieper	8:30AM YFA all levels Veronica Reynolds	8:30AM-NEW YFA RIPPED Cody Pieper	8:30AM YFA all levels Veronica Reynolds		
12:30PM YFA all levels Rosalyn Vasquez	12:30PM YFA all levels Stephanie Arculli	12:30PM YFA all levels Rosalyn Vasquez	12:30PM YFA all levels Stephanie Arculli	1230PM YFA all levels Rosalyn Vasquez		
4:30PM YFA all levels Oliver Vasquez	4:30PM YFA all levels Keith Reams	4:30PM YFA all levels Oliver Vasquez	4:30PM YFA all levels Keith Reams	4:30PM YFA all levels Oliver Vasquez		
6:00PM YFA all levels Aly Raymer	6:00PM YFA all levels Nicole Sessions	6:00PM YFA all levels Aly Raymer	6:00PM YFA all levels Nicole Sessions	6:00PM YFA all levels Keri Hehn		
7:30PM YFA all levels Kristie LaTray	7:30PM YFA all levels Aly Raymer	7:30PM YFA all levels Kristie LaTray	7:30PM YFA all levels Aly Raymer	7:30PM YFA all levels Kristie LaTray		

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)

**“Are You Ready to
Get RIPPED?”**

tue/thu 8:30 am

space is limited...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM Stephanie Arculli	6:15AM Myrna Gaardsmoe	6:15AM Stephanie Arculli	6:15AM Myrna Gaardsmoe	6:15AM Stephanie Arculli		
7:15AM Peggy Chin	7:15AM Jayne Portnoy	7:15AM Peggy Chin	7:15AM Jayne Portnoy	7:15AM Peggy Chin		
8:15AM Kristen Tolle	8:15AM Stephanie Arculli	8:15AM Kristen Tolle	8:15AM Stephanie Arculli	8:15AM Kristen Tolle		
12:15 PM Oliver Vasquez	12:15PM Keri Hehn	12:15PM Oliver Vasquez	12:15PM Keri Hehn	12:15PM Oliver Vasquez		
4:15PM Angela Davis	4:15PM Peggy Chin	4:15PM Angela Davis	4:15PM Peggy Chin	4:15PM Angela Davis		
5:15PM Aly Raymer	5:15PM Nicole Sessions	5:15PM Aly Raymer	5:15PM Nicole Sessions	5:15PM Keri Hehn		
6:15PM Kristie LaTray	6:15PM Aly Raymer	6:15PM Kristie LaTray One Artist	6:15PM Aly Raymer	6:15PM Kristie LaTray		
7:15PM Lucie McGrane	7:15PM Kristie LaTray	7:15PM Lucie McGrane	7:15PM Kristie LaTray	7:15PM Lucie McGrane		

YAS class

30 minute CYCLE + 30 minute YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM all levels Angela Davis	5:30AM all levels Jayne Portnoy	5:30AM all levels Angela Davis	5:30AM all levels Jayne Portnoy	5:30AM all levels Angela Davis		
11:15AM all levels Keri Hehn	11:15AM all levels Lucie McGrane	11:15AM all levels Keri Hehn	11:15AM all levels Lucie McGrane	11:15AM all levels Keri Hehn		

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 (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 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.

SEPTEMBER SPECIAL

1 month unlimited
for \$200
(save \$25!!)

YAS
fitness centers

831 s. hope street los angeles, california 90017
phone 213.430.9053 • fax 213.430.9054

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YAS
SEPTEMBER 2010 SCHEDULE