

YOGA for ATHLETES®

[YFA] 60 minute classes

YFA level 1-2-beginners
YFA all levels-intermediate
YFA level 2-3-advanced
YFA RIPPED-with weights

teachers training-2010

2 WEEK INTENSIVE

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 all levels Candice Collings	7:00AM YFA Level 2-3 Selina Schacht	7:00AM YFA all levels Candice Collings	7:00AM YFA Level 2-3 Selina Schacht	7:00AM YFA all levels Candice Collings		
8:30AM YFA all levels Anne Marie Bohrk	8:30AM YFA RIPPED Jen Jen Wood	8:30AM YFA all levels Anne Marie Bohrk	8:30AM YFA RIPPED Jen Jen Wood	8:30AM YFA all levels Anne Marie Bohrk	8:30AM YFA level 1-2 Kendra Arnold	8:30AM YFA level 1-2 Kendra Arnold
10:00AM YFA Level 2-3 Jen Landry	10:00AM YFA all levels Kris Pennell	10:00AM YFA Level 2-3 Jen Landry	10:00AM YFA all levels Kris Pennell	10:00AM YFA Level 2-3 Michelle McCain	10:00AM YFA all levels Kris Pennell	10:00AM YFA all levels Michelle McCain
12:30PM YFA RIPPED Kris Pennell	12:30PM YFA all levels Anne Marie Bohrk	12:30PM YFA RIPPED Kris Pennell	12:30PM YFA all levels Anne Marie Bohrk	12:30PM YFA RIPPED Kris Pennell		
4:30PM YFA all levels Jen Jen Wood	4:30PM YFA RIPPED Candice Collings	4:30PM YFA all levels Jen Jen Wood	4:30PM YFA RIPPED Candice Collings	4:30PM YFA all levels Jen Jen Wood	4:30PM-NEW YFA all levels Brett Bashore	4:30PM-NEW YFA all levels Brett Bashore
6:00PM YFA all levels Kris Pennell	6:00PM YFA level 2-3 Michelle McCain	6:00PM YFA all levels Kris Pennell	6:00PM YFA level 2-3 Michelle McCain	6:00PM YFA all levels Kris Pennell	6:00PM YFA all levels Anne Marie Bohrk	6:00PM YFA all levels Jaime Komer
7:30PM YFA all levels Jennifer Serdienis	7:30PM-NEW YFA all levels Brett Bashore	7:30PM YFA all levels Jennifer Serdienis	7:30PM-NEW YFA all levels Brett Bashore			

YAS indoor cycling

45 minute classes

remember to reserve your **BIKE!**
949.548.3888

go2yas.com for upcoming
WORKSHOPS, EVENTS & RETREATS
 sign up for our NEWSLETTER (go2yas.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15AM Taryn Mast	7:15AM Leigh Beach	7:15AM Taryn Mast	7:15AM Leigh Beach	7:15AM Taryn Mast	7:15AM Leigh Beach	
8:15AM Candice Collings	8:15AM Selina Schacht	8:15AM Candice Collings	8:15AM Selina Schacht	8:15AM Candice Collings	8:15AM Taryn Mast	8:15AM Taryn Mast
9:15AM Jen Landry	9:15AM Kris Pennell	9:15AM Jen Landry	9:15AM Kris Pennell	9:15AM Michelle McCain	9:15AM Kris Pennell	9:15AM Michelle McCain
10:15AM Anne Marie Bohrk	10:15AM Jen Jen Wood	10:15AM Anne Marie Bohrk	10:15AM Jen Jen Wood	10:15AM Anne Marie Bohrk	10:15AM Kendra Arnold	10:15AM Kendra Arnold
12:15PM Emilie Glaeser	12:15PM Marisa Wayne	12:15PM Emilie Glaeser	12:15PM Marisa Wayne	12:15PM Emilie Glaeser		
4:15PM Jen Landry	4:15PM Kendra Arnold	4:15PM Jen Landry	4:15PM Kendra Arnold	4:15PM Jen Landry	4:15PM Emilie Glaeser	4:15PM Jen Jen Wood
5:15PM Kris Pennell	5:15PM Michelle McCain	5:15PM Kris Pennell	5:15PM Michelle McCain	5:15PM Kris Pennell	5:15PM Anne Marie Bohrk	5:15PM Jaime Komer
6:15PM Jennifer Serdienis	6:15PM-NEW Brett Bashore	6:15PM Jennifer Serdienis One Artist	6:15PM-NEW Brett Bashore	6:15PM Jennifer Serdienis 1 Hour		
7:15PM-NEW Carrie Moddelmog	7:15PM Jaime Komer	7:15PM-NEW Carrie Moddelmog	7:15PM Jamie Komer			

**“Are You Ready to
Get RIPPED?”**

mon/wed/fri 12:30pm
 tues/thurs 8:30am
 tues/thurs 4:30pm

space is limited....

YAS class

30 minute CYCLE + 30 minute YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-NEW all levels Taryn Mast	6:00AM all levels Jen Landry	6:00AM-NEW all levels Taryn Mast	6:00AM all levels Jen Landry	6:00AM-NEW all levels Taryn Mast		
11:15AM all levels Jaime Komer	11:15AM all levels Molly Hedges	11:15AM all levels Jaime Komer	11:15AM all levels Molly Hedges	11:15AM all levels Jaime Komer	11:15AM all levels Jennifer Serdienis	11:15AM all levels Jennifer Serdienis

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	[\$150.00/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 **949.548.3888**

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!!)**



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phone 949.548.3888
email: info@go2yas.com

www.go2yas.com/yas_eastcostamesa.asp

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fitness centers
YAS

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YAS

SEPTEMBER 2010 SCHEDULE