

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 trainings-2012

2 WEEK INTENSIVES

FEBRUARY 25-MARCH 11

MAY 5-20

AUGUST 4-19

NOVEMBER 3-18

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@YASFitness

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM YFA all levels Candice Collings	7:00AM YFA RIPPED Jen Landy	7:00AM YFA all levels Candice Collings	7:00AM YFA RIPPED Jen Landy	7:00AM YFA all levels Candice Collings		
8:30AM YFA all levels Anne Marie Bohrk	8:30AM YFA all levels Candice Collings	8:30AM YFA all levels Anne Marie Bohrk	8:30AM YFA all levels Candice Collings	8:30AM YFA all levels Anne Marie Bohrk	8:30AM YFA level 1-2 Candice Collings	8:30AM YFA level 1-2 "Happy" Corkhill
10:00AM YFA Level 2-3 Jen Landy	10:00AM YFA all levels Kris Pennell	10:00AM YFA Level 2-3 Jen Landy	10:00AM YFA all levels Kris Pennell	10:00AM YFA Level 2-3 Jen Landy	10:00AM YFA all levels Kris Pennell	10:00AM YFA all levels Anne Marie Bohrk
12:30PM-NEW YFA all levels Anne Marie Bohrk	12:30PM YFA all levels Joanna Burdick	12:30PM-NEW YFA all levels Marisa Wayne	12:30PM YFA all levels Joanna Burdick	12:30PM-NEW YFA all levels Marisa Wayne		
4:30PM YFA all levels Candice Collings	4:30PM YFA RIPPED Candice Collings	4:30PM YFA all levels Candice Collings	4:30PM YFA RIPPED Candice Collings	4:30PM-NEW YFA all levels Danielle Sperry	4:30PM YFA all levels Matt Bourne	4:30PM YFA all levels Matt Bourne
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 Danielle Sperry	6:00PM YFA all levels Danielle Sperry
7:30PM YFA all levels Jennifer Serdienis	7:30PM YFA all levels Taryn Mast	7:30PM YFA all levels Jennifer Serdienis	7:30PM YFA all levels Taryn Mast			

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)

YAS Teachers Training

**Feb 25th-March 11th
sign up NOW!**

Reasons for Taking the Training

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15AM Taryn Mast	7:15AM Candice Collings	7:15AM Taryn Mast	7:15AM Candice Collings	7:15AM Taryn Mast	7:15AM Leigh Beach	
8:15AM Candice Collings	8:15AM Anne Marie Bohrk	8:15AM Candice Collings	8:15AM Anne Marie Bohrk	8:15AM Candice Collings	8:15AM Taryn Mast	8:15AM Emily Barry
9:15AM Jen Landy	9:15AM Kris Pennell	9:15AM Jen Landy	9:15AM Kris Pennell	9:15AM Jen Landy	9:15AM Kris Pennell	9:15AM Anne Marie Bohrk
10:15AM Anne Marie Bohrk	10:15AM Marissa Wayne	10:15AM Anne Marie Bohrk	10:15AM Marissa Wayne	10:15AM Anne Marie Bohrk	10:15AM Candice Collings	10:15AM Michelle McCain
12:15PM Danielle Sperry	12:15PM Marisa Wayne	12:15PM Danielle Sperry	12:15PM Marisa Wayne	12:15PM-NEW Danielle Sperry		
4:15PM "Happy" Corkhill	4:15PM Jamie Komer	4:15PM "Happy" Corkhill	4:15PM Jamie Komer	4:15PM "Happy" Corkhill	4:15PM Lacey McCain	4:15PM Lacey McCain
5:15PM Kris Pennell	5:15PM Michelle McCain	5:15PM Kris Pennell	5:15PM Michelle McCain	5:15PM Kris Pennell	5:15PM Danielle Sperry	5:15PM Danielle Sperry
6:15PM Jennifer Serdienis	6:15PM Taryn Mast	6:15PM Jennifer Serdienis One Artist	6:15PM Taryn Mast	6:15PM Jennifer Serdienis 1 Hour	6:15PM Matt Bourne 1-Hour	6:15PM Matt Bourne 1-Hour
7:15PM Matt Bourne	7:15PM "Happy" Corkhill	7:15PM Matt Bourne	7:15PM "Happy" Corkhill			

YAS class

30 minute CYCLE + 30 minute YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM all levels Leigh Beach	6:00AM-NEW all levels Emily Berry	6:00AM all levels Leigh Beach	6:00AM-NEW all levels Emily Berry	6:00AM all levels Leigh Beach		
11:15AM all levels Jaime Komer	11:15AM all levels Michelle McCain	11:15AM all levels Jaime Komer	11:15AM all levels Michelle McCain	11:15AM all levels Jaime Komer	11:15AM all levels Michelle McCain	11:15AM all levels Michelle McCain

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	[\$150.00/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.

Cancellation 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 - \$215.00



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www.go2yas.com/yas_eastcostamesa.asp

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fitness centers
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YAS

FEBRUARY 2012 SCHEDULE