

# 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

Follow YAS on **twitter:**

@YASFitness

Find YAS group on **facebook**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:00AM</b> YFA all levels Heather Peggs	<b>7:00AM</b> YFA all levels Erin Weber	<b>7:00AM</b> YFA all levels Heather Peggs	<b>7:00AM</b> YFA all levels Erin Weber	<b>7:00AM</b> YFA all levels Heather Peggs		
<b>8:30AM</b> YFA all levels Tracy Palmer	<b>8:30AM</b> YFA RIPPED Kirby Slager	<b>8:30AM</b> YFA all levels Tracy Palmer	<b>8:30AM</b> YFA RIPPED Kirby Slager	<b>8:30AM</b> YFA all levels Tracy Palmer	<b>8:30AM</b> YFA level 1-2 CoCo Wilson	<b>8:30AM-NEW</b> YFA level 1-2 Heather Peggs
<b>10:00AM-NEW</b> YFA all levels Kendra Arnold	<b>10:00AM</b> YFA all levels Keith Reams	<b>10:00AM-NEW</b> YFA all levels Kendra Arnold	<b>10:00AM</b> YFA all levels Keith Reams	<b>10:00AM</b> YFA all levels Samantha Feinerman	<b>10:00AM-NEW</b> YFA all levels Tracy Palmer	<b>10:00AM-NEW</b> YFA all levels Tracy Palmer
	<b>12:30PM-NEW</b> YFA RIPPED Erin Weber		<b>12:30PM-NEW</b> YFA RIPPED Erin Weber			
<b>4:30PM-NEW</b> YFA all levels Kerry Sullivan	<b>4:30PM</b> YFA RIPPED Cody Pieper	<b>4:30PM-NEW</b> YFA all levels Kerry Sullivan	<b>4:30PM</b> YFA RIPPED Cody Pieper	<b>4:30PM-NEW</b> YFA all levels Kerry Sullivan	<b>4:30PM-NEW</b> YFA all levels Erin Weber	<b>4:30PM-NEW</b> YFA RIPPED Tim Snyder
<b>6:00PM</b> YFA all levels Keith Reams	<b>6:00PM-NEW</b> YFA level 2-3 Tim Snyder	<b>6:00PM</b> YFA all levels Keith Reams	<b>6:00PM-NEW</b> YFA level 2-3 Tim Snyder	<b>6:00PM</b> YFA all levels Keith Reams	<b>6:00PM</b> YFA all levels Jenny Canales	<b>6:00PM</b> YFA all levels Jenny Canales
<b>7:30PM</b> YFA all levels Kirby Slager	<b>7:30PM</b> YFA all levels Jenny Canales	<b>7:30PM</b> YFA all levels Kirby Slager	<b>7:30PM</b> YFA all levels Jenny Canales	<b>7:30PM</b> YFA all levels Tracy Wise		

## YAS indoor cycling

45 minute classes

remember to reserve your **BIKE!**

**323.665.6011**

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
<b>7:15AM-NEW</b> Tracy Palmer	<b>7:15AM</b> Kirby Slager	<b>7:15AM-NEW</b> Tracy Palmer	<b>7:15AM</b> Kirby Slager	<b>7:15AM-NEW</b> Tracy Palmer	<b>7:15AM</b> CoCo Wilson	
<b>8:15AM</b> Heather Peggs	<b>8:15AM</b> Erin Weber	<b>8:15AM</b> Heather Peggs	<b>8:15AM</b> Erin Weber	<b>8:15AM</b> Heather Peggs	<b>8:15AM</b> Erin Weber	<b>8:15AM</b> Tim Snyder
<b>9:15AM-NEW</b> Kendra Arnold	<b>9:15AM</b> Keith Reams	<b>9:15AM-NEW</b> Kendra Arnold	<b>9:15AM</b> Keith Reams	<b>9:15AM</b> Samantha Feinerman	<b>9:15AM-NEW</b> Tracy Palmer	<b>9:15AM-NEW</b> Tracy Palmer
<b>10:15AM</b> Tracy Palmer	<b>10:15AM</b> Cody Pieper	<b>10:15AM</b> Tracy Palmer	<b>10:15AM</b> Cody Pieper	<b>10:15AM</b> Tracy Palmer	<b>10:15AM</b> Cody Pieper	<b>10:15AM</b> Cody Pieper
	<b>12:15PM</b> Tim Snyder		<b>12:15PM</b> Tim Snyder			
<b>4:15PM</b> Heather Peggs	<b>4:15PM-NEW</b> Kerry Sullivan	<b>4:15PM</b> Heather Peggs	<b>4:15PM-NEW</b> Kerry Sullivan	<b>4:15PM</b> Heather Peggs	<b>4:15PM</b> Heather Peggs	<b>4:15PM</b> Heather Peggs
<b>5:15PM</b> Keith Reams	<b>5:15PM-NEW</b> Tim Snyder	<b>5:15PM</b> Keith Reams	<b>5:15PM-NEW</b> Tim Snyder	<b>5:15PM</b> Keith Reams	<b>5:15PM</b> Jenny Canales	<b>5:15PM</b> Jenny Canales
<b>6:15PM</b> Kirby Slager	<b>6:15PM</b> Jenny Canales	<b>6:15PM</b> Kirby Slager	<b>6:15PM</b> Jenny Canales	<b>6:15PM</b> 1-hour Tracy Palmer	<b>6:15PM</b> 1-hour Jamie Wetherbe	<b>6:15PM-NEW</b> 1-hour Tim Snyder
<b>7:15PM-NEW</b> Jamie Wetherbe	<b>7:15PM-NEW</b> Kendra Arnold	<b>7:15PM-NEW</b> Jamie Wetherbe	<b>7:15PM-NEW</b> Kendra Arnold			

## YAS class

30 minute CYCLE + 30 minute YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>11:15AM</b> all levels Samantha Feinerman	<b>11:15AM</b> all levels Kerry Sullivan	<b>11:15AM</b> all levels Samantha Feinerman	<b>11:15AM</b> all levels Kerry Sullivan	<b>11:15AM</b> all levels Samantha Feinerman	<b>11:15AM</b> all levels Kerry Sullivan	<b>11:15AM-NEW</b> all levels Cody Pieper
<b>8:15PM</b> all levels Kerry Sullivan	<b>8:15PM-NEW</b> all levels Cody Pieper	<b>8:15PM</b> all levels Kerry Sullivan	<b>8:15PM-NEW</b> all levels Cody Pieper			

## 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 **323.665.6011**.

**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

**YAS**  
fitness centers

1932 hyperion ave, los angeles, ca 90027

phone 323.665.6011

email: info@go2yas.com

go2yas.com

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los angeles, california, 90027

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FEBRUARY 2012 SCHEDULE