

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
8:30AM-NEW YFA all levels Stacey Gualandi	8:30AM YFA RIPPED Kristie La Tray	8:30AM-NEW YFA all levels Stacey Gualandi	8:30AM YFA RIPPED Kristie La Tray	8:30AM-NEW YFA all levels Stacey Gualandi	8:30AM-NEW YFA level 1-2 Angela Davis	8:30AM-NEW YFA level 1-2 Angela Davis
10:00AM YFA level 2-3 Arlene Ferrer	10:00AM YFA all levels Keith Reams	10:00AM YFA level 2-3 Arlene Ferrer	10:00AM YFA all levels Keith Reams	10:00AM YFA level 2-3 Arlene Ferrer	10:00AM YFA all levels Sophie Snyder	10:00AM YFA all levels Sophie Snyder
4:30PM YFA all levels Katie Abbott	4:30PM YFA RIPPED Cody Pieper	4:30PM YFA all levels Katie Abbott	4:30PM YFA RIPPED Cody Pieper	4:30PM YFA all levels Katie Abbott	4:30PM-NEW YFA all levels Vani Lewerke	4:30PM-NEW YFA all levels Vani Lewerke
6:00PM YFA all levels Keith Reams	6:00PM YFA level 2-3 Pixie Acia	6:00PM YFA all levels Keith Reams	6:00PM YFA level 2-3 Pixie Acia	6:00PM YFA all levels Keith Reams	6:00PM-NEW YFA all levels Katie Abbott	6:00PM YFA level 2-3 Pixie Acia
7:30PM YFA all levels Kristina Candelarie	7:30PM YFA all levels Cody Pieper	7:30PM YFA all levels Kristina Candelarie	7:30PM YFA all levels Cody Pieper			

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)

“Are You Ready to Get RIPPED?”

tues/thurs 8:30am
tues/thurs 4:30pm
space is limited.....

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15AM Diane Magnette	7:15AM Katy Leigh	7:15AM Diane Magnette	7:15AM Katy Leigh	7:15AM Diane Magnette	7:15AM Kristen Tolle	
8:15AM-NEW Tim Snyder	8:15AM Kristen Tolle	8:15AM-NEW Tim Snyder	8:15AM Kristen Tolle	8:15AM-NEW Tim Snyder	8:15AM Katy Leigh	8:15AM Katie Abbott
9:15AM Arlene Ferrer	9:15AM Keith Reams	9:15AM Arlene Ferrer	9:15AM Keith Reams	9:15AM Arlene Ferrer	9:15AM Sophie Snyder	9:15AM Sophie Snyder
10:15AM-NEW Stacey Gualandi	10:15AM Pixie Acia	10:15AM-NEW Stacey Gualandi	10:15AM Pixie Acia	10:15AM-NEW Stacey Gualandi	10:15AM Cody Pieper	10:15AM Cody Pieper
4:15PM Flor Hernandez	4:15PM Katie Abbott	4:15PM Flor Hernandez	4:15PM Katie Abbott	4:15PM Flor Hernandez	4:15PM-NEW Tim Snyder	4:15PM-NEW Tim Snyder
5:15PM Keith Reams	5:15PM Pixie Acia	5:15PM Keith Reams	5:15PM Pixie Acia	5:15PM Keith Reams	5:15PM-NEW Katie Abbott	5:15PM Pixie Acia
6:15PM Kristina Candelarie	6:15PM Cody Pieper	6:15PM Kristina Candelarie	6:15PM Cody Pieper			
7:15PM Pixie Acia	7:15PM Keith Reams	7:15PM Pixie Acia	7:15PM Keith Reams			

YAS class

30 minute CYCLE + 30 minute YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:15AM all levels Arlene Ferrer	11:15AM all levels Pixie Acia	11:15AM all levels Arlene Ferrer	11:15AM all levels Pixie Acia	11:15AM all levels Arlene Ferrer	11:15AM all levels Kerry Sullivan	11:15AM all levels Pixie Acia
8:15pm all levels Kerry Sullivan	8:15pm-NEW all levels Rosalyn Vasquez	8:15pm all levels Kerry Sullivan	8:15pm-NEW all levels Rosalyn Vasquez			

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 (310) 396-6993

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!!)

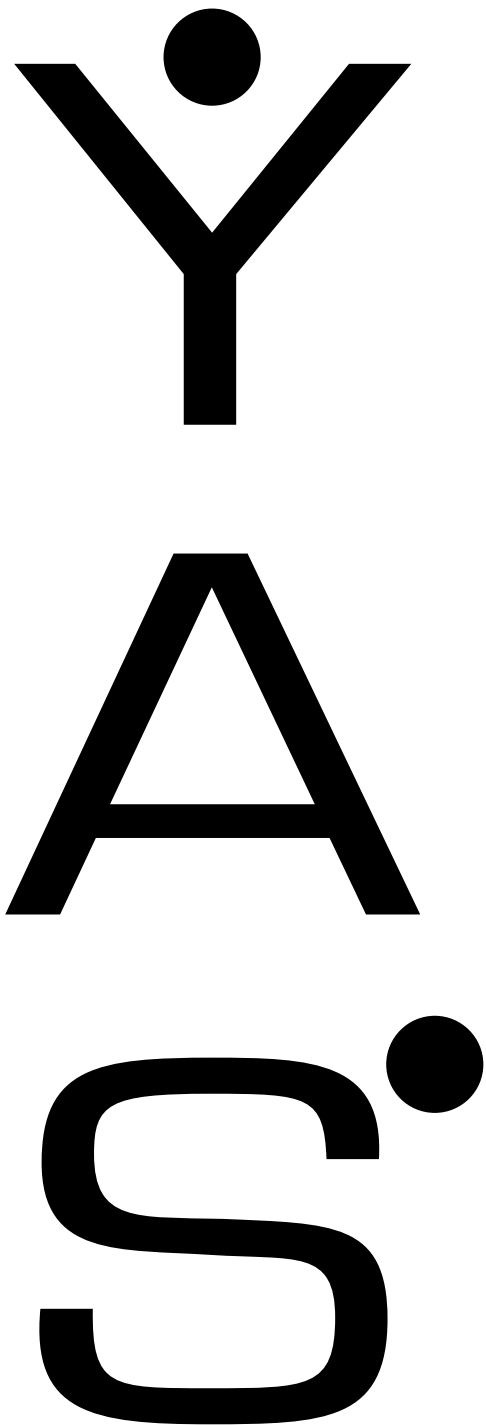
YAS
fitness centers

1932 hyperion ave, los angeles, ca 90027
phone 323.665.6011
email: info@go2yas.com
go2yas.com

1932 hyperion avenue
los angeles, california, 90027

YAS
fitness centers

fitn^{ess} cen^{ter}s
www.go2yas.com



SEPTEMBER 2010 SCHEDULE