

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**

YAS indoor cycling

45 minute classes

remember to reserve your **BIKE!**

310.396.6993

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?

YAS class

30 minute CYCLE + 30 minute YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM YFA level 2-3 Denis Morton	7:00AM YFA all levels Julie Simon	7:00AM YFA level 2-3 Denis Morton	7:00AM YFA all levels Julie Simon	7:00AM YFA level 2-3 Denis Morton	7:00AM YFA all levels Myrna Gaardsmoe	
8:30AM YFA all levels Myrna Gaardsmoe	8:30AM YFA RIPPED Alexandra Joslin	8:30AM YFA all levels Myrna Gaardsmoe	8:30AM YFA RIPPED Alexandra Joslin	8:30AM YFA all levels Myrna Gaardsmoe	8:30AM YFA level 1-2 Denis Morton	8:30AM YFA level 1-2 Gina Heekin
10:00AM YFA level 2-3 Sherri Rosen	10:00AM YFA all levels Gina Heekin	10:00AM YFA level 2-3 Sherri Rosen	10:00AM YFA all levels Gina Heekin	10:00AM YFA level 2-3 Julie Simon	10:00AM YFA all levels Kimberly Fowler	10:00AM YFA all levels Kimberly Fowler
12:30PM YFA RIPPED Julie Simon	12:30PM YFA all levels Ashley Patton	12:30PM YFA RIPPED Julie Simon	12:30PM YFA all levels Ashley Patton	12:30PM YFA RIPPED Julie Simon		
4:30PM YFA all levels Diane Magnette	4:30PM YFA RIPPED Alexandra Joslin	4:30PM YFA all levels Diane Magnette	4:30PM YFA RIPPED Alexandra Joslin	4:30PM YFA all levels Diane Magnette	4:30PM YFA all levels Diane Magnette	4:30PM YFA all levels Diane Magnette
6:00PM YFA level 2-3 Sherri Rosen	6:00PM YFA all levels Diane Magnette	6:00PM YFA level 2-3 Sherri Rosen	6:00PM YFA all levels Diane Magnette	6:00PM YFA all levels Denis Morton	6:00PM YFA all levels Arlene Ferrer	6:00PM YFA all levels Arlene Ferrer
7:30PM YFA all levels Denis Morton	7:30PM YFA all levels Gina Heekin	7:30PM YFA all levels Denis Morton	7:30PM YFA all levels Gina Heekin	7:30PM YFA all levels Gina Heekin		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM Myrna Gaardsmoe	6:15AM Julie Simon	6:15AM Myrna Gaardsmoe	6:15AM Julie Simon	6:15AM Myrna Gaardsmoe		
7:15AM Alexandra Joslin	7:15AM Amanda Cosindas	7:15AM Alexandra Joslin	7:15AM Amanda Cosindas	7:15AM Alexandra Joslin	7:15AM Amanda Cosindas	
8:15AM Denis Morton	8:15AM Carla Persell	8:15AM Denis Morton	8:15AM Carla Persell	8:15AM Denis Morton	8:15AM Myrna Gaardsmoe	8:15AM Myrna Gaardsmoe
9:15AM Sherri Rosen	9:15AM Gina Heekin	9:15AM Sherri Rosen	9:15AM Gina Heekin	9:15AM Julie Simon	9:15AM Sherri Rosen	9:15AM Sherri Rosen
10:15AM Myrna Gaardsmoe	10:15AM Alexandra Joslin	10:15AM Myrna Gaardsmoe	10:15AM Alexandra Joslin	10:15AM Myrna Gaardsmoe Dance	10:15AM Denis Morton	10:15AM Gina Heekin
12:15PM Ashley Patton	12:15PM Josie Cutting	12:15PM Ashley Patton	12:15PM Josie Cutting	12:15PM Ashley Patton		
4:15PM Arlene Ferrer	4:15PM Ashley Patton	4:15PM Arlene Ferrer	4:15PM Ashley Patton	4:15PM Arlene Ferrer	4:15PM Ashley Patton	4:15PM Ashley Patton
5:15PM Sherri Rosen Mash-ups!	5:15PM Diane Magnette	5:15PM Sherri Rosen One Artist	5:15PM Diane Magnette	5:15PM Denis Morton	5:15PM Arlene Ferrer	5:15PM Arlene Ferrer
6:15PM Denis Morton	6:15PM Gina Heekin	6:15PM Denis Morton	6:15PM Gina Heekin	6:15PM Gina Heekin 1 Hour	6:15PM Alexandra Joslin 1 Hour	6:15PM Gina Heekin 1 Hour
7:15PM Diane Magnette	7:15PM Myrna Gaardsmoe	7:15PM Diane Magnette	7:15PM Myrna Gaardsmoe			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM all levels Carla Persell	5:30AM all levels Jayne Portnoy	5:30AM all levels Carla Persell	5:30AM all levels Jayne Portnoy	5:30AM all levels Carla Persell		
11:15AM all levels Amanda Cosindas	11:15AM all levels Julie Simon	11:15AM all levels Amanda Cosindas	11:15AM all levels Julie Simon	11:15AM all levels Amanda Cosindas	11:15AM all levels Julie Simon	11:15AM all levels Julie Simon
	3:15PM all levels Carla Persell		3:15PM-NEW all levels Arlene Ferrer			

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 (310) 396-6993

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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FEBRUARY 2012 SCHEDULE