

# 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
<b>7:00AM</b> YFA level 2-3 Denis Morton	<b>7:00AM</b> YFA all levels Julie Simon	<b>7:00AM</b> YFA level 2-3 Denis Morton	<b>7:00AM</b> YFA all levels Julie Simon	<b>7:00AM</b> YFA level 2-3 Denis Morton	<b>7:00AM</b> YFA all levels Myrna Gaardsmoe	
<b>8:30AM</b> YFA all levels Myrna Gaardsmoe	<b>8:30AM</b> YFA RIPPED Amanda Cosindas	<b>8:30AM</b> YFA all levels Myrna Gaardsmoe	<b>8:30AM</b> YFA RIPPED Amanda Cosindas	<b>8:30AM</b> YFA all levels Myrna Gaardsmoe	<b>8:30AM</b> YFA level 1-2 Denis Morton	<b>8:30AM</b> YFA level 1-2 Tom Marando
<b>10:00AM</b> YFA level 2-3 Julie Simon	<b>10:00AM-NEW</b> YFA all levels Gina Heekin	<b>10:00AM</b> YFA level 2-3 Julie Simon	<b>10:00AM-NEW</b> YFA all levels Gina Heekin	<b>10:00AM</b> YFA level 2-3 Julie Simon	<b>10:00AM</b> YFA all levels <b>Kimberly Fowler</b>	<b>10:00AM</b> YFA all levels <b>Kimberly Fowler</b>
<b>12:30PM</b> YFA RIPPED Julie Simon	<b>12:30PM</b> YFA all levels Kristina Candelarie	<b>12:30PM</b> YFA RIPPED Julie Simon	<b>12:30PM</b> YFA all levels Kristina Candelarie	<b>12:30PM</b> YFA RIPPED Julie Simon		
<b>4:30PM-NEW</b> YFA all levels Alexandra Joslin	<b>4:30PM</b> YFA RIPPED Denis Morton	<b>4:30PM-NEW</b> YFA all levels Alexandra Joslin	<b>4:30PM</b> YFA RIPPED Denis Morton	<b>4:30PM-NEW</b> YFA all levels Alexandra Joslin	<b>4:30PM</b> YFA all levels Carla Persell	<b>4:30PM</b> YFA all levels Carla Persell
<b>6:00PM</b> YFA level 2-3 Sherri Rosen	<b>6:00PM</b> YFA all levels Diane Magnette	<b>6:00PM</b> YFA level 2-3 Sherri Rosen	<b>6:00PM</b> YFA all levels Diane Magnette	<b>6:00PM</b> YFA all levels Denis Morton	<b>6:00PM-NEW</b> YFA all levels Oliver Vasquez	<b>6:00PM</b> YFA all levels Keith Reams
<b>7:30PM</b> YFA all levels Denis Morton	<b>7:30PM</b> YFA all levels Gina Heekin	<b>7:30PM</b> YFA all levels Denis Morton	<b>7:30PM</b> YFA all levels Gina Heekin	<b>7:30PM</b> YFA all levels Gina Heekin		

## 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)

**“Are You Ready to  
Get RIPPED?”**

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

space is limited.....

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:15AM</b> Tom Marando	<b>6:15AM</b> Julie Simon	<b>6:15AM</b> Tom Marando	<b>6:15AM</b> Julie Simon	<b>6:15AM</b> Tom Marando		
<b>7:15AM</b> Katy Leigh	<b>7:15AM</b> Amanda Cosindas	<b>7:15AM</b> Katy Leigh	<b>7:15AM</b> Amanda Cosindas	<b>7:15AM</b> Katy Leigh	<b>7:15AM</b> Amanda Cosindas	
<b>8:15AM</b> Denis Morton	<b>8:15AM</b> Kerry Sullivan	<b>8:15AM</b> Denis Morton	<b>8:15AM</b> Kerry Sullivan	<b>8:15AM</b> Denis Morton	<b>8:15AM</b> Myrna Gaardsmoe	<b>8:15AM</b> Myrna Gaardsmoe
<b>9:15AM</b> Julie Simon	<b>9:15AM-NEW</b> Gina Heekin	<b>9:15AM</b> Julie Simon	<b>9:15AM-NEW</b> Gina Heekin	<b>9:15AM</b> Julie Simon	<b>9:15AM</b> Sherri Rosen	<b>9:15AM</b> Sherri Rosen
<b>10:15AM</b> Myrna Gaardsmoe	<b>10:15AM-NEW</b> Alexandra Joslin	<b>10:15AM</b> Myrna Gaardsmoe	<b>10:15AM-NEW</b> Alexandra Joslin	<b>10:15AM</b> Myrna Gaardsmoe	<b>10:15AM</b> Denis Morton	<b>10:15AM</b> Tom Marando
<b>12:15PM</b> Kristina Candelarie	<b>12:15PM</b> Robyn Ward	<b>12:15PM</b> Kristina Candelarie	<b>12:15PM</b> Robyn Ward	<b>12:15PM</b> Kristina Candelarie		
<b>4:15PM</b> Arlene Ferrer	<b>4:15PM</b> Kristina Candelarie	<b>4:15PM</b> Arlene Ferrer	<b>4:15PM</b> Kristina Candelarie	<b>4:15PM</b> Arlene Ferrer	<b>4:15PM</b> Kerry Sullivan	<b>4:15PM</b> Kerry Sullivan
<b>5:15PM</b> Sherri Rosen Mash up Mondays	<b>5:15PM</b> Diane Magnette	<b>5:15PM</b> Sherri Rosen One Artist	<b>5:15PM</b> Diane Magnette	<b>5:15PM</b> Denis Morton	<b>5:15PM-NEW</b> Oliver Vasquez	<b>5:15PM</b> Keith Reams
<b>6:15PM</b> Denis Morton	<b>6:15PM</b> Gina Heekin	<b>6:15PM</b> Denis Morton	<b>6:15PM</b> Gina Heekin	<b>6:15PM</b> Gina Heekin 1 Hour	<b>6:15PM</b> Gina Heekin 1 Hour	<b>6:15PM</b> Gina Heekin 1 Hour
<b>7:15PM</b> Diane Magnette	<b>7:15PM</b> Myrna Gaardsmoe	<b>7:15PM</b> Diane Magnette	<b>7:15PM</b> Myrna Gaardsmoe			

## YAS class

30 minute CYCLE + 30 minute YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30AM</b> all levels Carla Persell	<b>5:30AM</b> all levels Tom Marando	<b>5:30AM</b> all levels Carla Persell	<b>5:30AM</b> all levels Tom Marando	<b>5:30AM</b> all levels Carla Persell		
<b>11:15AM</b> all levels Amanda Cosindas	<b>11:15AM</b> all levels Julie Simon	<b>11:15AM</b> all levels Amanda Cosindas	<b>11:15AM</b> all levels Julie Simon	<b>11:15AM</b> all levels Amanda Cosindas	<b>11:15AM</b> all levels Julie Simon	<b>11:15AM</b> all levels Julie Simon

## 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

1101 abbot kinney blvd., venice, california 90291  
phone 310.396.6993 • fax 310.396.6903

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1101 abbot kinney blvd  
venice, california, 90291

fit**ness** cen**ter**s  
www.go2yas.com

**YAS**

**SEPTEMBER 2010 SCHEDULE**