

Q3 2010 Schedule

Begins Monday, September 20th and runs through Sunday, December 5th

Closed the evening of Wednesday, November 24, all day Thanksgiving, November 25, & Friday, November 26

EBC=Riverside **WK=WholeKids** **GHC=Grant Health Center**

Ashtanga	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
▲ New Beginners 10 weeks, \$140	5:45p Martha	7:30p Kelly	7:30p Tom	7:30p Joanie	9:30a Gail L.	10:45a Stella	5:00p Julia
○ Ashtanga Beginner Drop In							11:00a Joanie
○ Modified Primary	5:45p Jerry	9:30a Cathy 5:45p Kelly	7:30p Julia		5:45p Julia	12:00p Tom	5:00p AnneMarie
○ Primary Series			5:45p Martha	9:30a Martha		8:30a Tom	9:00a Kelly
○ Mysore (1 3/4 hrs)				5:30p Linda C.			
Hatha							
▲ Basic New Beginners 10 weeks, \$140			9:30a Mary Ellen 7:30p Angela			9:00a Jennifer G.	
▲ Dynamic New Beginners 10 weeks, \$140	5:45p Marcia	7:30p Julia					
○ Hatha Beginner Drop In				7:30p Stephanie			
○ Level 1	7:30p Gail L.	5:45p Linda O.	9:30a Jodi	7:30p Anna		9:00a Mary Ellen	5:00p Martha S.
○ Level 2	7:30p Marcia	9:30a Linda O.		5:45p Ambre	9:30a Crystal	10:15a Gail L.	
○ Level 3			5:45p Marcia				
Specialty Classes							
▲ Non-Scary Gentle 10 weeks, \$140		5:45p Joyce					11:00a Joyce
▲ Multiple Sclerosis 10 weeks, \$40	4:00p Jennifer G.					12:30p Jennifer G. **check for availability	
▲ Mat Pilates 10 weeks, \$140	11:45a Lee 7:30p Lee						
○ Restorative					5:45p Gail S.		
○ Pranayama		8:15a Linda O.					
○ Satsung/Meditation			8:30a Jodi				
Prenatal & Family							
▲ Prenatal 10 weeks, \$145	5:30p Lori EBC (begins 10/4)	9:30a Jennifer G. 7:30p Mary	6:00p Beth WK 6:30p Katy GHC (begins 10/6)	5:45p Stephanie		10:00a Lori EBC (begins 10/9; skip 11/27)	
▲ Prenatal 4 weeks, \$60						2:00p Mary (9/25-10/16)	
▲ Prenatal Partner 4 weeks, \$80 per couple						2:00p Mary (begins 10/30)	
▲ Mommy & Baby Yoga 6 weeks to precrawling 6 weeks, \$60		11:30a Jennifer G. EBC (begins 10/12)				8:30a Lori EBC (begins 10/9)	
▲ Itsy Bitsy Baby Yoga™ 6 weeks to precrawling 6 weeks, \$60					11:15a Julia (begins 10/8)		
▲ Toddler Yoga crawling to 21 months 6 weeks, \$60				9:30a Julia (begins 10/7)		9:30a Carmen WK (begins 10/9)	
▲ Preschool Yoga 22 months to 4 years 6 weeks, \$60						10:30a Carmen WK (begins 10/9)	

○ open class passes

\$15 Drop-In Fee

\$140 11-Class Pass

(Access to 11 open classes within a quarter.)

\$250 Unlimited Quarterly Pass

(Unlimited access to open classes for a quarter.)

\$90 Unlimited Monthly Pass

(Unlimited access to open classes, six month minimum contract)

Passes and class fees are non-transferable & non-refundable.

New Classes or Times

NEW CLASSES!!

→ Tuesday Non-Scary Gentle with Joyce at 5:45p.

▲ pre-registration classes

Pre-Registration Classes are limited in size, and therefore are not open to drop-ins. These classes are priced individually. Courses for new beginners start the week of September 20th. Please call now to register as they fill early. Classes are non-refundable and non-transferable.

New to Yoga?

We offer multiple starting points for those new to yoga. Classes are listed in order from most gentle to most vigorous:

- Non-Scary Gentle
- Hatha Basic New Beginner
- Hatha Dynamic New Beginner
- Ashtanga New Beginner

Visit www.yogaonhigh.com for complete class descriptions.

