

Q3 2010 Schedule

Begins Monday, June 21st and runs through Sunday, September 5th. Closed Sunday, July 4th & Monday, July 5th

Location Key: **EBC:** Riverside **WK:** WholeKids

Ashtanga	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
▲ New Beginners 10 weeks, \$140	5:45p Martha	7:30p Kelly	6:00a Gail L. 7:30p Jennifer H.	7:30p Joanie	9:30a Gail L.	10:45a Stella	5:00p Tom
○ Ashtanga Beginner Drop In							11:00a Joanie
○ Modified Primary	6:00a Tom 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)			6:00a Tom	5:30p Linda C.	6:00a Tom		

Hatha	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
▲ Basic New Beginners 10 weeks, \$140		5:45p Joyce	9:30a Mary Ellen 7:30p Angela				
▲ Dynamic New Beginners 10 weeks, \$140	5:45p Marcia	7:30p Julia				9:00a Jennifer G.	
○ Hatha Beginner Drop In				7:30p Stephanie			
○ Level 1	7:30p Gail L.	5:45p Linda O.	9:30a Angela	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 Jodi	10:15a Gail L.	
○ Level 3			5:45p Marcia				

Specialty Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
▲ Non-Scary Gentle 10 weeks, \$140							11:00a Joyce
▲ Multiple Sclerosis 10 weeks, \$40	4:00p Jennifer G.						
▲ Mat Pilates 10 weeks, \$140	11:45a Lee 7:30p Lee						
○ Pranayama		8:15a Linda O.					

Prenatal & Family	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
▲ Prenatal 10 weeks, \$145	5:30p Lori EBC	9:30a Jennifer G. 7:30p Mary	6:00p Beth WK	5:45p Stephanie		10:00a Lori EBC (begins 7/10; skip 9/4)	
▲ Prenatal 5 weeks, \$75						2:00p Mary (6/26-7/24)	
▲ Prenatal Partner 4 weeks, \$80 per couple						2:00p Mary (begins 8/7)	
▲ Mommy & Baby Yoga 6 weeks to pre-crawling 6 weeks, \$60		11:30a Jennifer G. EBC (begins 7/27)				8:30a Lori EBC (begins 7/10)	
▲ Itsy Bitsy Baby Yoga™ 6 weeks to pre-crawling 6 weeks, \$60					11:15a Julia (begins 7/23)		
▲ Toddler Yoga crawling to 21 months 6 weeks, \$60				9:30a Julia (begins 7/22)		9:30a Carmen WK (begins 7/24)	
▲ Preschool Yoga 22 months to 4 years 6 weeks, \$60						10:30a Carmen WK (begins 7/24)	

○ open class passes

\$15 Drop-In Fee

\$85 6-Class Pass (SUMMER ONLY)
(Access to 6 open classes within a quarter.)

\$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 TIMES!!!

- ↪ Saturday Primary Series with Tom at 8:30a
- ↪ Saturday Level 2 with Gail L. at 10:15a
- ↪ Hatha Beginner Drop-In moves to Thursdays, 7:30p

NEW CLASSES!!

- ↪ Saturday Modified Primary Series with Tom at 12:00p.
- ↪ Monday Intro Mat Pilates with Lee at 11:45a & 7:30p
- ↪ Saturday 5-week Prenatal with Mary, 2:00p
- ↪ Saturday 4-week Prenatal Partner Series with Mary, 2:00p

▲ 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 June 21st. 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.

"I adored this class. I have fostered and found inspiration to make yoga a lifelong practice."
-New Beginner Student

