

# Q2 2010 Schedule

Begins Monday, March 29th and runs through Sunday, June 13th. Closed Easter Sunday, April 4th and Memorial Day Monday, May 31st.

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

Ashtanga	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
▲ <b>New Beginners</b> 10 weeks, \$140	5:45p Julia	7:30p Kelly	6:00a Gail L. 7:30p Jennifer H.	7:30p Joanie	9:30a Gail L.	10:45a Tom	5:00p Kelly
○ <b>Ashtanga Intro Drop In</b>							11:00a Joanie
○ <b>Modified Primary</b>	6:00a Tom 5:45p Jerry	9:30a Cathy (skip 4/13) 5:45p Kelly	7:30p Julia		5:45p Julia		5:00p AnneMarie
○ <b>Primary Series</b>			5:45p Martha	9:30a Martha		9:00a Tom	9:00a Staff
○ <b>Mysore (1 3/4 hrs)</b>			6:00a Tom	5:30p Linda C.	6:00a Tom		

Hatha	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
▲ <b>New Beginners</b> 10 weeks, \$140	5:45p Marcia	5:45p Joyce 7:30p Julia	9:30a Mary Ellen 7:30p Angela			9:00a Jennifer G.	
○ <b>Hatha Intro Drop In</b>			5:45p Stephanie				
○ <b>Level 1</b>	7:30p Gail L.	5:45p Linda O.	9:30a Jodi	7:30p Anna		9:00a Mary Ellen	5:00p Martha S.
○ <b>Level 2</b>	7:30p Marcia	9:30a Linda O.		5:45p Ambre	9:30a Crystal	10:45a Gail L.	
○ <b>Level 3</b>			5:45p Marcia				

Specialty Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
▲ <b>Non-Scary Gentle</b> 10 weeks, \$140							11:00a Joyce
▲ <b>Multiple Sclerosis</b> 10 weeks, \$40	4:00p Jennifer G.						
▲ <b>Balance Basics™</b> 10 weeks, \$170				7:30p Mary			
▲ <b>Mat Pilates</b> 10 weeks, \$140	11:45a Lee						
○ <b>Restorative</b>					5:45p Gail S.		
○ <b>Pranayama</b>		8:15a Linda O. (skip 4/6, 4/13, 5/25)					
○ <b>Meditation</b>			8:30a Jodi				

Prenatal & Family	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
▲ <b>Prenatal</b> 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 (skip 5/29)	
▲ <b>Mommy &amp; Baby Yoga</b> 6 weeks to pre-crawling 6 weeks, \$60		11:30a Jennifer G. EBC (begins 4/13 & 6/1)				8:30a Lori EBC (begins 3/20 & 5/8; skip 5/29)	
▲ <b>Itsy Bitsy Baby Yoga™</b> 6 weeks to pre-crawling 6 weeks, \$60					11:15a Julia (begins 4/23)		
▲ <b>Toddler Yoga</b> crawling to 21 months 6 weeks, \$60				9:30a Julia (begins 4/22)		9:30a Carmen WK (begins 4/17)	
▲ <b>Preschool Yoga</b> 22 months to 4 years 6 weeks, \$60				10:30a Julia (begins 4/22)		10:30a Carmen WK (begins 4/17)	
▲ <b>Yoga for Girls 8-12</b> 10 weeks, \$110		5:45p Lori WK					

## ○ 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

**\*\*Mat Pilates with Lee on Mondays, 11:45a\*\***

→ Modified Primary Series with Tom on Mondays, 6:00a

→ Hatha Intro Drop-In moves to Wednesdays, 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 March 29th. Please call now to register as they fill early. Classes are non-refundable and non-transferable.

**Tuesday is Fast Track NB Hatha**

Visit [www.yogaonhigh.com](http://www.yogaonhigh.com) for complete class descriptions.

"I looked forward to class every week, and even when I had to miss a class, I practiced on my own and tried to imagine being here. It was the best thing I did for myself this year. I have chronic health problems and yoga is now a part of every day for me and I feel whole."

**-Hatha Student**

