

THE YORKVILLE CLUB CLASS SCHEDULE - FEBRUARY 2012

Please note: classes are subject to change

MONDAY						TUESDAY						WEDNESDAY					
THE YOGA STUDIO			FITNESS		CYCLE	THE YOGA STUDIO			FITNESS		CYCLE	THE YOGA STUDIO			FITNESS		CYCLE
Tara	Nataraj	Ganesh	Boxing	Fitness	Cycle	Tara	Nataraj	Ganesh	Boxing	Fitness	Cycle	Tara	Nataraj	Ganesh	Boxing	Fitness	Cycle
		6:00-7:15a Ashtanga I Jonny		8:30-9:30a Body Chisel Sara							6:30-7:30a Cycling Johnny						6:30-7:30a Cardio Circuit Tanja
				9:30-10:30a Adv.Cardio Chisel Grant			9:30-10:30a Pilates I & II Melissa			8:30-9:30a Athletic Conditioning Tanja	8:15-9:15a Cycling Chris				9:40-10:40a Athletic Conditioning AI	8:30-9:30a Cardio Chisel Grant	
	10:30-11:45a Hatha I & II Scott				9:30-10:30a Cycling Magz		10:30-11:45a Hatha II Scott			9:30-10:30a Kick & Chisel Tanja	9:30-10:30a Cycling Chris		10:00-11:15a Hatha I Carolina			9:30-10:30a ADV Body Chisel Grant	9:30-10:30a Cycling Phil
	12:15-1:15p Hatha I Carolina	12:00-1:00p Hot Ashtanga Jonny		12:00-1:00p Athletic Conditioning AI	12:15-1:00p Cycling Magz		12:15-1:15p Pilates Intro Rita			12:00-1:00p Cardio Chisel AI			12:15-1:15p Pilates I Joanna	12:15-1:15p Hot Ashtanga Rhianna		10:30-11:00a Abs Sculpt Grant	12:15-1:15p Cycling Johnny
	3:30-4:30p Stretch & Strength Edith						1:30-2:45p Hatha I Karusia							1:30-2:45p Hatha I Karusia			11:00-12:00p Turbo Kick Felicia
6:15-7:30p Hatha I Zoe	5:30-6:45p Hatha II & III Scott	5:30-6:30p Hot Yoga Moksha I & II Edward A		5:30-6:30p Cardio Chisel Grant	5:30-6:30p Cycling Elizabeth	6:15-7:30p Ashtanga I Ella	5:30-6:45p Hatha I Angela		5:30-6:30p Box Fit DJ	5:00-6:00p Body Chisel Tanja		5:45-6:50p Pilates I Melissa B.	5:30-6:45p Iyengar Yoga II Kim	5:30-6:45p Hatha Intro Ana-Maria	6:00-7:00p Box Fit Mike	12-1:00p Body Chisel DJ	
	7:00-8:00p Pilates I Jill	6:30-7:45p Hot Yoga Moksha INTRO Edward A		6:30-7:30p Body Chisel Grant			7:00-8:15p Yin Yoga All Levels Angela	6:00-7:30p Hot Yoga Moksha Nicole	6:30-7:30p Box Fit Antonio B.	6:00-7:00p Maximum Cardio Tanja	6:00-7:00p Cycling Johnny		7:00-8:00p Pilates II Melissa B.	7:00-8:30p Hatha I & II Ana-Maria		6:00-7:00p HIP HOP Fitness Antonio	6:30-7:30p Cycling Donna
				7:30-8:00p Abs Sculpt Grant												7:00-8:00p Legs, Abs & Butt Julian	
	8:15-9:30p Hatha I & II Karusia																

The Yorkville Club

87 Avenue Road Hazelton Lanes

416-961-8400

www.theyorkvilleclub.com

Mon-Fri 5:30a-11:00p

Weekends 8:00a-8:00p

Yoga provided by:



YOGA DROP IN CLASS DESCRIPTIONS

HATHA Classic postures aimed at focusing the mind and balancing the body.

ASHTANGA (Flow) Vigorous poses to build strength, flexibility & endurance.

PILATES to strengthen core muscles, improve skeletal alignment, flexibility.

POWER YOGA I & II breaks down postures and incorporates toning exercises.

HOT YOGA Invigorate and detoxify your body by practising in a heated room of 104 degrees C. Please bring a towel and water.

IYENGAR Based Flow- a blend of individual poses that includes some flow, with particular attention to alignment. This class for intermediate-advanced students ONLY.

YIN YOGA Postures are held longer.

The Yoga Studio at The Yorkville Club - February 2012

Please note: classes are subject to change.

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday																							
Tara	Nataraj	Ganesh	Tara	Nataraj	Ganesh	Tara	Nataraj	Ganesh	Tara	Nataraj	Ganesh	Tara	Nataraj	Ganesh	Tara	Nataraj	Ganesh	Tara	Nataraj	Ganesh																					
Ashtanga I 6:00 - 7:15 Jonny			Pilates I& II 9:30 - 10:30 Melissa			Hatha I 10 - 11:15 Carolina			Pilates I& II 9:30 - 10:30 Melissa			Restorative Pilates 9:15 - 10:15 Melissa B			Hatha III 9:00 - 10:15 Level 3 Scott			Hot Yoga 9:30-10:45 Moksha Melissa B.			Hatha II 10 - 11:30 Brandy			Starts Feb.12th ▼																	
Hatha I & II 10:30 - 11:45 Scott			Hatha II 10:30-11:45 Scott			Pilates I 12:15 - 1:15 Joanna			Ashtanga I 12:15 - 1:15 Jonny			Hatha Intro 10:15 - 11:30 Karusia			Hatha II 10:30-11:45 Scott			Pilates I 11:45- 12:45 Chris			Restorative Yoga 11:30 - 1:00 Brandy			Pre-Natal Yoga 12:00- 1:00 Charlotte																	
Hatha I 12:15 - 1:15 Carolina			Pilates INTRO 12:15 - 1:15 Rita			Hot Ashtanga 12:15- 1:15 Rhianna			Ashtanga I 12:15 - 1:15 Jonny			Hot Ashtanga 12:15-1:15 Ella			Pilates Intro 11:45-1:00 Melissa B.			Hatha I & II 11:30 - 1:00 Karen			Hatha I 1:30-2:45 Carolina			Ashtanga II 1:00 - 2:15 Jonny																	
Yoga Stretch & Strength 3:30 - 4:30 Edith			Hatha I 1:30 - 2:45 Karusia			Hatha I 1:30 - 2:45 Karusia			Hatha I 1:30 - 2:45 Alan			Hot Ashtanga 4:45-6:00 Jonny			Pilates II 1:15-2:15 Melissa B.			Restorative Yoga 2:45-4:15 Karen			Hatha Intro 3:00 - 4:00 Carolina			Ashtanga Intro 4:15-5:30 Alan			Hot Yoga Moksha 4:30-5:45 Nicole														
Hatha I 6:15 - 7:30 Zoe			Ashtanga I 6:15 - 7:30 Ella			Pilates I 5:45 - 6:50 Melissa B.			Restorative Yoga 5:30 - 6:45 Anna			Hatha I & II 5:30 - 6:45 Kim			Hatha II & III 5:30 - 6:45 Scott			Hot Yoga Moksha I&II 5:30 - 6:30 Edward A.			Pilates I 5:30 - 6:45 Angela			Hot Yoga Moksha 6:00 - 7:30 Nicole			Yin Yoga 7:00 - 8:15 All Levels Angela			Pilates II 7:00 - 8:00 Melissa B.			Hatha I & II 7:00 - 8:30 Ana-Maria			Yin Yoga 7:30 - 8:45 All Levels Angela			Muscle Balancing Pilates 7:00 - 8:00 Edward Starts Feb 9		
Pilates II 7:00 - 8:00 Jill			Yin Yoga 7:00 - 8:15 All Levels Angela			Pilates II 7:00 - 8:00 Melissa B.			Yin Yoga 7:30 - 8:45 All Levels Angela			Muscle Balancing Pilates 7:00 - 8:00 Edward Starts Feb 9			Hot Ashtanga 6:15 - 7:30 Jonny			Hatha I & II 8:15 - 9:30 Karusia			Hot Yoga Moksha I 4:30 - 5:45 Jess			Hatha I & II 4:30 - 5:45 Karen			Hot Yoga Moksha I 4:30 - 5:45 Jess														



Drop-in Class Descriptions

HATHA YOGA Classic postures aimed at focusing the mind & balancing the body.
ASHTANGA (FLOW YOGA) Vigorous poses to build strength, flexibility, endurance.
PILATES Mat work to strengthen core muscles, improve skeletal alignment, flexibility.
RESTORATIVE Gentle, to help injuries/chronic conditions, mobility and flexibility.
HOT YOGA Invigorate and detoxify your body by practicing in a heated room of 104 degree Celsius. Please bring a towel and water.
IYENGAR Based Flow—A blend of individual poses that includes some flow, with particular attention to alignment. This class is for intermediate/advanced students only.
Power Yoga I&II breaks down postures and incorporates toning exercises.
Yin Yoga targets connective tissues & joints. Postures held longer. All Levels
Muscle Balancing Pilates- alignment & toning class addresses postural and muscular imbalances. Stretches included throughout.

Class Levels

Intro Learn the fundamentals; no experience necessary
Level I Build on the fundamentals; develop an intermediate practice.
Level II A challenging intermediate practice; prep for advanced postures.
Level III Advanced postures; for experienced students only.

Hot Yoga Sign up TYC Members attending Hot Yoga can either call or register their name in person at the front desk no more than two hours before class starts. A maximum of 14 students will be accepted in Hot Yoga classes. Hot Yoga is for club members only and not for sale to the general public at our Hazelton location.

The Yoga Studio at The Yorkville Club ~ non-member fees 2012

Single Class	\$16	Purchased classes
5 Classes	\$75	are not transferable
10 Classes	\$135	between people.

Special Lunch Classes at 12:15pm only \$11
 From Monday- Friday excluding Hot Yoga

ALL PRICES PLUS HST. NO REFUNDS. ONE YEAR EXPIRY.