

THE YORKVILLE CLUB CLASS SCHEDULE - JULY 2010

Please note: classes are subject to change

THURSDAYS						FRIDAY						SATURDAY						
THE YOGA STUDIO			FITNESS		SPIN	THE YOGA STUDIO			FITNESS		SPIN	THE YOGA STUDIO			FITNESS		SPIN	
Tara	Nataraj	Ganesh	Boxing	Fitness	Spin	Tara	Nataraj	Ganesh	Boxing	Fitness	Spin	Nataraj	Nataraj	Ganesh	Boxing	Fitness	Spin	
					6:30-7:30a Early Show Endurance Darko												9:30-10:30a Rhythm & Burn. Endurance Sean	
9:30-10:30a Pilates I & II Melissa			8:30-9:30a Cardio Chisel Hali		9:30-10:30a Breakfast Spin Adv. Strength Erin	9:00-10:00a Restorativ Pilates Melissa B.			8:30-9:30a Body Chisel Claire			11:45-1:00p Pilates Intro Melissa B.	10:30-11:45a Hatha II Scott					
10:30-11:45a Hatha I & II Scott			9:30-10:30a Body Chisel Hali			10:15-11:30a Hatha Intro Karusia			9:30-10:30a Athletic Conditioning Grant		9:30-10:30a Breakfast Spin Strength Jonathan	1:15-2:30p Pilates II Melissa B.			11:00-12:00p Adv. Butt Blaster Julian		11:00-12:00p Spin Break Endurance Erin	
12:15-1:15p Ashtanga I Jonny			12:00-1:00p Body Chisel Daryl		12:15-1:00p Power Lunch Endurance Donna	12:15-1:15p Hot Ashtanga Rhianna						2:45-4:15p Restorative Yoga Karen			12:00-1:00 Body Chisel Julian			
									11:00- 12:00p Low Impact Cardio Grant			4:30-5:45p Hatha I & II Karen						
									12:00-1:00p Step Circuit Grant			SUNDAY						
5:30-6:45p Restorative Yoga Alex			5:30-6:45p Hatha II Rhianna		6:00-7:15p Power Yoga Freestyle I & II Nora	5:00-6:00p Spin and Chisel 5:00p (Spin Studio) 5:30p (Fitness Studio) Victoria			4:30-5:45p Hot Ashtanga Jonny			10:00-11:30a Hatha II Brandy			10:30-11:30p Cardio Chisel Sara		9:30-11:00a The Ride X90 Jacopo	
6:45-8:00p Kundalini Yoga Intro Jai Satya			6:45-8:00p Ashtanga I Ella			6:00-7:00p Cardio Chisel Victoria			5:30-6:45p Hatha I & I Kaya		6:00-7:15p Hot Ashtanga Jonny	11:45-1:00p Pilates II Jessica			11:30-1:00p Restorativ Yoga Brandy		11:30-12:30p Body Chisel Grant	
8:15-9:30p Hatha I Cat			7:00-8:00p Intro to Salsa Maria		6:30-7:30p Rhythm & Burn Endurance Sean							1:15-2:30p Hatha I Cat			12:30 -1:00p Abs Sculpt Grant			
												2:45-4:00p Hatha Intro Cat			1:00-2:00p Adv. Body Chisel Grant			
												4:15-5:30p Ashtanga Intro Alan			4:30-5:45p Hot Yoga Moksha I & II Nicole			
Tara	Nataraj	Ganesh	Boxing	Fitness	Spin	Tara	Nataraj	Ganesh	Boxing	Fitness	Spin	Tara	Nataraj	Ganesh	Boxing	Fitness	Spin	

YOGA 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 adv. postures.

LEVEL III Advanced postures; for advanced students ONLY.

HOT YOGA SIGN UP (maximum 14 - Members only)

TYC members attending Hot Yoga in the evenings & Sat. mornings can either call to register their name no more than 2 hours before a class starts, or in person at the front desk.

Cycle Gear: Bike shoes, towel, water bottle.

*Heart Rate Monitor highly recommended.

INSTRUCTORS MAY CHANGE ON SHORT NOTICE DUE TO UNFORSEEN CIRCUMSTANCES.

Save Trees - Check our schedule online.

The Yoga Studio at The Yorkville Club - July 2010

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Monday			Tuesday			Wednesday			Thursday			Friday		Saturday			Sunday																																																																																								
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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.
ACUBALL BODY ROLLING Relax and release tight painful muscles.
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

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 in the evenings & Sat. mornings can either call to register their name no more than two hours before class starts, or register in person at the front desk, up to 2 hours before the start time. A maximum of 14 students are allowed in Hot Yoga classes. Hot Yoga is for club members only.

The Yoga Studio at The Yorkville Club ~ non-member fees 2010

Single Class \$16 Purchased classes can be used at both
 5 Classes \$75 Yorkville Club locations but are not
 10 Classes \$135 transferable between people.

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

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