

THE YORKVILLE CLUB UPTOWN CLASS SCHEDULE- JULY 2010

Please Note: Classes are subject to change

MONDAY					TUESDAY					WEDNESDAY				
YOGA		FITNESS		SPIN	YOGA		FITNESS		SPIN	YOGA		FITNESS		SPIN
Yoke	Sun	Boxing	Fitness	Spin	Yoke	Sun	Boxing	Fitness	Spin	Yoke	Sun	Boxing	Fitness	Spin
			6:30-7:00a Butt Blaster Claire						6:30-7:30a Early Show Endurance Sara V				8:30-9:30a Body Chisel Daryl	
			7:00-7:30a Abs Sculpt Claire					9:30-10:30a Athletic Conditioning Tanja				9:30-10:30a Athletic Conditioning AI		
		9:30-10:30a Box Fit Shawn	8:30-9:30a Body Chisel Daryl				9:30-10:30a Breakfast Spin Endurance John	10:30-11:30a Core & Stretch Tanja	9:30-10:30a Breakfast Spin Adv. Strength Kevin			9:30-10:30a Breakfast Spin Endurance Nadine		
		12:15-1:15p Cardio Salsa Giovanni	9:30-11:00a Advanced Cardio Chisel Grant	12:15-1:15p Power Lunch Strength ADV Nadine	12:00-1:00p Ashtanga I Jonny	12:15-1:15p Pilates All Levels Melissa			11:45-12:15p Ab Attack Grant				12:15-1:15p Power Lunch Adv. Strength Hayley	
			1:15-2:15p Light Body Chisel Grant						12:15-1:15p Advanced Step Grant					
5:00-6:15p Hatha I Angela	6:00-7:15p Hot Ashtanga All Levels Ella	6:00-7:00p Advanced Box Fit Shawn	5:30 - 6:30p All Levels Athletic Conditioning Julian		5:45-6:45p Pilates Intro Melissa B		5:30-6:30p Box Fit Daryl	5:30 - 6:30p Bar Chisel Grant	5:30-6:30p Prime Time Endurance Sara	5:00-6:15p Yin Yoga All Levels Angela		6:00-7:00p Box Fit Shawn	6:00-7:00p Core & Stretch Tanja	6:30-7:30p Rhythm & Burn Endurance Sean
6:30-7:45p Ashtanga I Angela	7:30-8:30p Pilates ALL Levels Irene	7:00-8:00p Muay Thai 101 Shawn	6:30-7:30p Cardio Chisel Grant	6:30-7:30p Prime Time Endurance Andrea	6:45-8:00p Power Yoga I & II Nora	6:45-8:00p Pilates I Melissa B	6:30-7:30p Box Fit Daryl			6:30-7:45p Ashtanga Intro Angela	6:00-7:15p Hatha Intro Carolina		7:00-8:00p Muay Thai 101 Shawn	7:30-8:00p Learn 2Spin Easy Sean
								7:30 - 8:30p Cardio Chisel Daryl			7:15-8:15p Pilates I & II Angel			

The Yorkville Club Uptown
 101 Eglinton Avenue East
 416-484-6200
www.theyorkvilleclub.com
 Mon-Fri 5:00a-11:00p
 Sat 7:00a-8:00p Sun 7:00a-9:00p
Save Trees - Check our schedule online.

YOGA DROP IN CLASS DESCRIPTIONS

HATHA 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.
HOT YOGA Invigorate and detoxify you body by practising in a heated room of 104 degrees C. Please bring a towel and water.
POWER YOGA I & II Breaks down postures and incorporates toning exercises.
YIN YOGA targets connective tissues & joints. Postures held longer.

Yoga Provided by



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THURSDAY					FRIDAY					SATURDAY				
YOGA		FITNESS		SPIN	YOGA		FITNESS		SPIN	YOGA		FITNESS		SPIN
Yoke	Sun	Boxing	Fitness	Spin	Yoke	Sun	Boxing	Fitness	Spin	Yoke	Sun	Boxing	Fitness	Spin
	6:30-7:45a Ashtanga I Nicole								6:30-7:30a Early Show Adv. Strength Catherine				8:30-9:30a Athletic Conditioning Victoria	8:30-9:30a Early Show Adv. Strength Jacopo
			8:30-9:30a Athletic Conditioning Grant					9:30-10:30 Athletic Conditioning Al			9:30-10:45a Ashtanga I & II Nicole		9:30-10:30 Advanced Cardio Chisel Victoria	9:30-10:30a 1 Hr Spin or Extended Ride Jacopo
10:30-11:45a Hatha I & II Carolina			9:30-11:00a Advanced Body Chisel Grant						9:30-10:30a Breakfast Spin Endurance Sara V	10:30-11:45a Pilates I & II Darlene		10:30-11:30a Box Fit Daryl		
	12:15-1:15p Pilates All Levels Melissa		12:15-1:15p Step Circuit Grant		12:00-1:00p Ashtanga I Nicole				12:15-1:00p Power Lunch Endurance Shawna	1:30-2:45p Hatha Intro Kaya				
			1:15-2:15p Light Body Chisel Grant											
5:30-7:00p Restorative Yoga Senem	5:45-7:00p Hot Ashtanga I Nicole	5:30-6:30p Box Fit Julian	5:30-6:30p Body Chisel Grant	6:30-7:30p Prime Time Adv. Strength Elizabeth				5:15-6:15p Box Fit Paul						9:00-10:00a Sunday Cool Endurance Sara
	7:00-8:15p Hot Yoga Moksha Melissa B.		6:30-7:30p Step Circuit Grant				6:15-7:15p Box Fit Paul			10:30-11:45p Hatha I & II Alex			9:30-10:30a Athletic Conditioning Victoria	
										11:45-1:00p Restorative Yoga Alex	11:00-12:15p Hot Ashtanga II Jonny		11:30a-12:30p Box Fit Daryl	
										12:30-1:30p Hot Ashtanga I Jonny			12:30-1:30p Advanced Body Chisel Daryl	
SUNDAY														
THURSDAY					FRIDAY					SATURDAY				
YOGA		FITNESS		SPIN	YOGA		FITNESS		SPIN	YOGA		FITNESS		SPIN
Yoke	Sun	Boxing	Fitness	Spin	Yoke	Sun	Boxing	Fitness	Spin	Yoke	Sun	Boxing	Fitness	Spin

The Yorkville Club Uptown

101 Eglinton Avenue East

416-484-6200

www.theyorkvilleclub.com

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

Sat 7:00a-8:00p Sun 7:00a-9:00p

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.

Monday YOKE SUN		Tuesday YOKE SUN		Wednesday YOKE SUN		Thursday YOKE SUN		Friday YOKE SUN		Saturday YOKE SUN		Sunday YOKE SUN	
						Ashtanga I 6:30 - 7:30 Nicole							
						Hatha I & II 10:30 - 11:45 Carolina				Ashtanga I & II 9:30 - 10:45 Nicole		Hatha I & II 10:30 - 11:45 Alex	
		Ashtanga I 12:00 - 1:00 Jonny		Pilates ALL LEVELS 12:15 - 1:15 Melissa				Pilates ALL LEVELS 12:15 - 1:15 Melissa		Ashtanga I 12:00 - 1:00 Nicole		Pilates I & II 10:30 - 11:45 Darlene	
										Hatha Intro 1:30 - 2:45 Kaya		Restorative Yoga 11:45 - 1:00 Alex	
												Hot Ashtanga II 11:00 - 12:15 Jonny	
												Hot Ashtanga I 12:30 - 1:30 Jonny	
												Parking Priviledges are available for members only	
Hatha I 5:00 - 6:15 Angela	Hot Ashtanga INTRO 6 - 7:15 Ella	Pilates Intro 5:45 - 6:45 Melissa B		Yin Yoga 5:00 - 6:15 Angela	Hatha Intro 6:00 - 7:15 Carolina	Restorative Yoga 5:30 - 7:00 Senem	Hot Ashtanga I 5:45 - 7:00 Nicole						
Ashtanga I 6:30 - 7:45 Angela	Pilates All Levels 7:30 - 8:30 Irene	Power Yoga Freestyle I & II 6:45 - 8:00 Nora	Pilates I 6:45 - 8:00 Melissa B.	Ashtanga Intro 6:30 - 7:45 Angela	Pilates I & II 7:15 - 8:15 Angel		Hot Yoga Intro Moksha 7 - 8:15 Melissa B.						

Yoga Drop-in Class Descriptions

- HATHA YOGA** Classic postures for flexibility, strength. Balance the mind & body.
- ASHTANGA (FLOW YOGA)** Vigorous poses to build strength, flexibility, endurance.
- PILATES** Mat work to strengthen core muscles, improve skeletal alignment, flexibility.
- RESTORATIVE YOGA** Gentle, helps injuries/chronic conditions, mobility and flexibility.
- HOT YOGA** Invigorate and detoxify your body by practicing in a heated room. Please bring a towel and water.
- Power Yoga II Freestyle** breaks down the postures & incorporates toning exercises.
- Yin Yoga** targets connective tissues & joints. Postures held longer. All Levels.

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 advanced postures.
- Level III** Advanced postures; for experienced students only.

All Hot Yoga classes are in the Sun Studio.
Purchased classes are not transferable between people.

The Yoga Studio at The Yorkville Club Uptown

- Single Class \$16 Single Hot Yoga \$18
- 5 Classes \$75 All purchased classes can be used at
- 10 Classes \$135 at both locations, except Hot Yoga
- 10 Hot Yoga \$150
- Special Lunch Classes at 12:15pm only \$11
- From Monday- Friday excluding Hot Yoga
- ALL PRICES PLUS GST. NO REFUNDS. ONE YEAR EXPIRY

