

YOGA for ATHLETES®

(YFA) 60 minute classes

YFA level 1-2-beginners

YFA all levels-intermediate

YFA level 2-3-advanced

YFA RIPPED-with weights

teachers trainings-2011

2 WEEK INTENSIVES

AUGUST 6-21

NOVEMBER 5-20 (sign up now save \$500)

Follow YAS on **twitter:**

@YASFitness

Find YAS group on **facebook**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM YFA all levels Candice Collings	7:00AM YFA RIPPED Jen Landy	7:00AM YFA all levels Candice Collings	7:00AM YFA RIPPED Jen Landy	7:00AM YFA all levels Candice Collings	7:00AM YFA RIPPED Jen Landy	
8:30AM YFA all levels Anne Marie Bohrk	8:30AM YFA all levels Candice Collings	8:30AM YFA all levels Anne Marie Bohrk	8:30AM YFA all levels Candice Collings	8:30AM YFA all levels Anne Marie Bohrk	8:30AM YFA level 1-2 Kendra Arnold	8:30AM YFA level 1-2 "Happy" Corkhill
10:00AM YFA Level 2-3 Jen Landy	10:00AM YFA all levels Kris Pennell	10:00AM YFA Level 2-3 Jen Landy	10:00AM YFA all levels Kris Pennell	10:00AM YFA Level 2-3 Jen Landy	10:00AM YFA all levels Kris Pennell	10:00AM YFA all levels Michelle McCain
12:30PM YFA all levels "Happy" Corkhill	12:30PM-NEW YFA all levels Nicole Dewey	12:30PM YFA all levels "Happy" Corkhill	12:30PM-NEW YFA all levels Nicole Dewey	12:30PM YFA all levels "Happy" Corkhill		
4:30PM-NEW YFA all levels Nicole Dewey	4:30PM YFA RIPPED Candice Collings	4:30PM-NEW YFA all levels Nicole Dewey	4:30PM YFA RIPPED Candice Collings	4:30PM-NEW YFA all levels Nicole Dewey	4:30PM YFA all levels Marissa Wayne	4:30PM-NEW YFA all levels "Happy" Corkhill
6:00PM YFA all levels Kris Pennell	6:00PM YFA level 2-3 Michelle McCain	6:00PM YFA all levels Kris Pennell	6:00PM YFA level 2-3 Michelle McCain	6:00PM YFA all levels Kris Pennell	6:00PM YFA all levels Heather McGinnis	6:00PM YFA all levels Heather McGinnis
7:30PM YFA all levels Jennifer Serdienis	7:30PM YFA all levels Carrie Modellmog	7:30PM YFA all levels Jennifer Serdienis	7:30PM YFA all levels Carrie Modellmog			

YAS indoor cycling

45 minute classes

remember to reserve your BIKE!

949.548.3888

go2yas.com for upcoming

WORKSHOPS, EVENTS & RETREATS

sign up for our NEWSLETTER (go2yas.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15AM Taryn Mast	7:15AM Candice Collings	7:15AM Taryn Mast	7:15AM Candice Collings	7:15AM Taryn Mast	7:15AM Leigh Beach	
8:15AM Candice Collings	8:15AM Anne Marie Bohrk	8:15AM Candice Collings	8:15AM Anne Marie Bohrk	8:15AM Candice Collings	8:15AM Taryn Mast	8:15AM Carrie Modellmog
9:15AM Jen Landy	9:15AM Kris Pennell	9:15AM Jen Landy	9:15AM Kris Pennell	9:15AM Jen Landy	9:15AM Kris Pennell	9:15AM Michelle McCain
10:15AM Anne Marie Bohrk	10:15AM-NEW Kendra Arnold	10:15AM Anne Marie Bohrk	10:15AM-NEW Kendra Arnold	10:15AM Anne Marie Bohrk	10:15AM Kendra Arnold	10:15AM Kendra Arnold
12:15PM Casey Oropeza	12:15PM Marisa Wayne	12:15PM Casey Oropeza	12:15PM Marisa Wayne	12:15PM Casey Oropeza		
4:15PM-NEW "Happy" Corkhill	4:15PM Kendra Arnold	4:15PM-NEW "Happy" Corkhill	4:15PM Kendra Arnold	4:15PM-NEW "Happy" Corkhill	4:15PM "Happy" Corkhill	4:15PM Lacey McCain
5:15PM Kris Pennell	5:15PM Michelle McCain	5:15PM Kris Pennell	5:15PM Michelle McCain	5:15PM Kris Pennell	5:15PM Heather McGinnis	5:15PM Heather McGinnis
6:15PM Jennifer Serdienis	6:15PM Carrie Modellmog	6:15PM Jennifer Serdienis One Artist	6:15PM Carrie Modellmog	6:15PM Jennifer Serdienis 1 Hour		
7:15PM Carrie Modellmog	7:15PM "Happy" Corkhill	7:15PM Carrie Modellmog	7:15PM "Happy" Corkhill			

happy 10 year anniversary



YAS class

30 minute CYCLE + 30 minute YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM all levels Leigh Beach	6:00AM all levels Jen Landy	6:00AM all levels Leigh Beach	6:00AM all levels Jen Landy	6:00AM all levels Leigh Beach		
11:15AM all levels Jaime Komer	11:15AM all levels Michelle McCain	11:15AM all levels Jaime Komer	11:15AM all levels Michelle McCain	11:15AM all levels Jaime Komer	11:15AM all levels Jaime Komer	11:15AM all levels Jaime Komer

PRICES

Single Class	\$17	
Single Student	\$14	(with valid ID)
5 Classes	\$80	(\$16/class)
10 Classes	\$150	(\$15/class)
10 Classes Student	\$125	(with valid ID)
15 Classes	\$195	(\$13/class)
20 Classes	\$240	(\$12/class)

**all packages can be used for both YOGA & YAS indoor cycling

Take **10% off class package series** when purchased on your first visit to YAS!! (does not include specials or unlimited packages)

BONUS: no time limit on class packages!

UNLIMITED CLASSES

1 Month Unlimited	\$225	
3 Month Unlimited	\$525	(\$175/month)
6 Month Unlimited	\$990	(\$165/month)
1 Year Unlimited	\$1,800	(\$150.00/month)
Auto Debit-3 Month Commitment		(\$180/month)

**all packages can be used for both YOGA & YAS indoor cycling

**auto debit agreement-non-refundable \$50 set up fee

Sign-up Policy: We recommend that you sign-up in advance for YAS indoor cycling classes. Only series and UNLIMITED pass holders may sign-up in advance. Call **949.548.3888**

Studio Policy: No refunds, extensions or transfers of class packages.

Cancellations Policy: You may cancel your reservation and not be charged up to 15 minutes prior to start of class. If you do not call and cancel you will be charged for the class. We will only hold reservations until the class begins.

ANNIVERSARY SPECIAL

10 classes for \$100
(save \$50!!)

limited is 2 per member



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email: info@go2yas.com

www.go2yas.com/yas_eastcostamesa.asp

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fitness centers
YAS

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fitness centers

YAS

AUGUST 2011 SCHEDULE