

Monday

			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
7:15 am		Iyengar Yoga FREE to MEMBERS	Gillian	75 min	All	Lotus
9:30 am		Focus on Form	Clayton	85 min	All	Chakras
9:30 am		Prana Yoga Flow	Maricarmen	75 min	2-3	Lotus
Noon		Ashtanga Mysore Style	Selena	85 min	All	Chakras
Noon		Dynamic Yoga Flow ALWAYS FREE	Clayton	75 min	All	Lotus
4:45 pm		Beginner Yoga FREE to MEMBERS	Dido	65 min	BEG	Lotus
5:45 pm		Vinyasa Yoga	Malisa	75 min	1-2	Chakras
6:00 pm		Anusara Inspired™	Hannah	85 min	2-4	Lotus

EXPERIENCE LEVELS ARE : **All**=All levels **BEG**=Beginner **1**=novice **2**=intermediate **3**=advanced **4**=expert

ALWAYS FREE classes are just that! Always free, for anyone.

FREE to MEMBERS classes are included in Premier level memberships. Go VIP and get the entire list included

Tuesday

			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
9:30 am		Focus on Grace	Mandy	85 min	All	Chakras
9:30 am		Vinyasa Yoga	Gioconda	85 min	2-3	Lotus
Noon		Ashtanga Mysore Style	Selena	85 min	All	Chakras
Noon		Iyengar Yoga	Gillian	55 min	All	Lotus
4:30 pm		Anusara® Yoga	Christina	75 min	2-4	Chakras
5:20 pm		Easy Spyn FREE to MEMBERS	Celeste	30 min	BEG	Multisport
5:45 pm		Iyengar Yoga	Gillian	75 min	All	Lotus
6:00 pm		Vinyasa Yoga *try it after Easy Spyn!	Gioconda	75 min	2-3	Chakras

Your practice should be in tune with your level of fitness: listen to your body!

Wednesday

			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
7:15 am		Iyengar Yoga FREE to MEMBERS	Gillian	75 min	All	Lotus
9:30 am		Focus on Form	Christina	85 min	All	Chakras
9:30 am		Prana Yoga Flow	Maricarmen	75 min	2-3	Lotus
Noon		Ashtanga Mysore Style	Selena	85 min	All	Chakras
Noon		Dynamic Yoga Flow	Clayton	75 min	All	Lotus
4:45 pm		Beginner Yoga FREE to MEMBERS	Dido	65 min	BEG	Lotus
5:45 pm		Vinyasa Yoga	Malisa	75 min	1-2	Chakras
6:00 pm		Anusara® Yoga	Christina	90 min	2-4	Lotus
7:15 pm		Meditation ALWAYS FREE	Bob	55 min	All	Chakras

Thursday





			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
9:30 am		Focus on Grace FREE to MEMBERS	Mandy	85 min	All	Chakras
9:30 am		Vinyasa Yoga	Gioconda	85 min	2-3	Lotus
Noon		Ashtanga Mysore Style	Selena	85 min	All	Chakras
Noon		Iyengar Yoga	Gillian	55 min	All	Lotus
4:30 pm		Anusara® Yoga	Christina	75 min	2-4	Chakras
5:20 pm		Easy Spyn FREE to MEMBERS	Celeste	30 min	BEG	Multisport
5:45 pm		Iyengar Yoga	Gillian	75 min	All	Lotus
6:00 pm		Vinyasa Yoga *try it after Easy Spyn!	Gioconda	75 min	2-3	Chakras

E/S = English, with Spanish upon request. En Inglés y Español

Friday

			Instructor	Length	Level	Studio
6:00 am		Ashtanga Mysore Style	Juan	120 min	All	Chakras
9:30 am		NEW! Vinyasa Yoga	Jenn	85 min	2-3	Lotus
9:30 am		Focus on Form	Brigitte	85 min	All	Chakras
Noon	E/S	Ashtanga Yoga Led Primary Series	Juan	85 min	2-4	Chakras
4:30 pm		NEW! Yoga Happy Hour (and a 1/2)	Hannah	90 min	2-4	Chakras
4:45 pm		Yoga Wall FREE to MEMBERS	Dido	65 min	All	Lotus
7:30 pm		Meditation Practice ALWAYS FREE	Bob	55 min	All	Chakras

Class Type Color Chart (does not indicate difficulty)

	Moderate Pace		Flowing Pace		Ashtanga Yoga		Meditation
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All=All levels **BEG**=Beginner **1**=novice **2**=intermediate **3**=advanced **4**=expert

Weekend

			Instructor	Length	Level	Studio
S A T	9:00 am	NEW TEACHER! Beginner Yoga ALWAYS FREE	Jenny	65 min	BEG	Chakras
	9:30 am	Anusara Inspired™	Mark	65 min	BEG	Lotus
	10:30 am	NEW TIME! Yin Yoga	Dido	75 min	All	Chakras
	10:45 am	Vinyasa Yoga	Malisa	75 min	All	Lotus
	Noon	Anusara Inspired™	Hannah	85 min	2-4	Chakras
S U N	8:00 am	E/S Ashtanga Mysore Style	Juan	120 min	All	Chakras
	9:45 am	Focus on Form	Malisa	75 min	1-2	Lotus
	10:00 am	Anusara Inspired™	Mark	85 min	2-4	Chakras
	11:15 am	Beginner Yoga	Malisa	55 min	BEG	Lotus
	4:00 pm	Vinyasa Yoga	Gioconda	85 min	2-3	Lotus
	5:30 pm	Relaxation Yoga	Dido	75 min	All	Chakras

YOGA

WINTER 2009-10 Class Schedule

December 1, 2009 - February 28, 2010
 Voted 2008 & 2009 "READER'S CHOICE" for Best Gym
 in Austin Fit Magazine

Includes 10 classes FREE for our Premier members
 and 3 classes ALWAYS FREE



Mark Franke, Anusara-Inspired Yoga™

Class Descriptions

NOTES on Ashtanga: No Practice on Saturdays, Full Moon, and New Moon according to the Ashtanga Mysore tradition: the no practice dates are: Wed 12/2, Wed 12/16, Thurs 12/31, Fri 1/15, Sun 2/8

Ashtanga Mysore Style - Juan, Selena In morning classes beginners arrive at 6:30am, adjustments begin at 6:30am. The Mysore style engages students in a self-paced, individualized practice in a group setting. This class format allows for each student to receive private instruction from the teacher, & enables students of all levels to progress at a pace that is right for them. Students at any level including those with injuries & are new to yoga are encouraged to join us in this unique method of yoga practice. All levels

Ashtanga Yoga Led Primary Series - Juan
 This led class will take participants through the Primary Series of Ashtanga Vinyasa Yoga. Levels 2-4.

Anusara® Yoga - Christina
 Anusara Yoga is a unique blend of hatha yoga which meshes biomechanical principles of alignment with a celebration of the heart and spirit. This class will emphasize backbends, arm balances, standing poses, forward bends & twists in creative sequences to help students deepen their practice & understanding. Levels 2-4

Anusara-Inspired Yoga™ - Hannah, Mark
 See description of Anusara Yoga above. Anusara-Inspired yoga teachers have studied Anusara yoga for at least two years; have at least two years of teaching experience and 200 hours of Anusara yoga studies, including at least 100 hours of Anusara yoga Immersion studies. Due to the training required by Anusara to become Anusara-Inspired, you may expect a quality yoga class inspired by Anusara principles and ethics. Levels 2-4 ***Also try the All Levels, Anusara-Inspired™ classes Focus on Grace with Mandy, Tu/Th at 9:30am!**

Anusara Inspired Yoga™ - Beginner Level Mark
 This class introduces the principles and the life-affirming philosophy of Anusara Yoga. Students will develop in their asana practice and be offered tools to live an inspired life. This class is perfect for beginners, students curious about Anusara, anyone with therapeutic needs and those who already have a working knowledge of Anusara but want an in-depth study of the method. Level BEG

Beginner Yoga - Dido, Malisa, Jenny
 For newcomers & those with special needs or injuries, this class focuses on basic postures with emphasis on proper alignment & form. Level BEG

Dynamic Yoga Flow – Clayton
 From the brand-new beginner looking for an easy introduction to yoga to the experienced student looking for greater challenge and depth, this class will take you through a variety of flowing sequences to help you experience a greater understanding of your range of movement. We will also feature other forms of yoga to meet a wide range of interests, abilities, and skill.

Focus on Form - Clayton, Christina, Brigitte, Malisa
 A variety of therapeutic sequences and healing relaxation techniques will be used to deeply work your body and energy while guiding you to proper alignment and strength. Sequences may focus on specific injury healing and prevention, relieving physical stress and toxicity in the organs, glands, and muscles. Our yoga walls may be used as creative elements in the sequences. Expect to become more empowered with your own health and practice. All levels

Focus on Grace - Mandy
 This Anusara-Inspired™ class will take students through basic & intermediate level asanas in a supportive, dynamic, & playful environment. Each meeting will weave yogic intention & biomechanical cues to empower students to gracefully achieve a deeper practice. All levels

Iyengar Yoga - Gillian
 Iyengar yoga is a classic method that emphasizes precision in alignment, finding balance between strength and flexibility, and developing a conscious mind and breath through practice. We use props to help achieve strength and flexibility with the correct alignment and an understanding of the therapeutic potential of yoga. All Levels

Meditation - Bob
 Meditation frees us from the obsession of our "small selves" & reconnects us with who we really are. Consistent practice exposes negative thinking, obsessions, & our separation between each other. Once we recognize these habitual patterns, they cease to control us – freeing our unqualified absolute nature. All practices are welcome. For those with specific questions about meditation practice, there will be a Q & A period at the end of class.

Prana Yoga Flow - Maricarmen
 Prana Yoga Flow is an energizing and challenging Vinyasa flow class that expands into deeper yogic principles and postures. The class introduces more challenging inversions, arm balances, jump backs, pranayama and meditation. A foundational understanding of asanas & yoga philosophy is recommended. Levels 2-3

Relaxation Yoga - Dido
 This class will flow like a moving meditation with periods of stillness and silence intertwined with slow movement and breath. This moderately paced class caters to anyone wanting to take a meaningful break from a more strenuous practice. All levels

MORE CLASSES! Vinyasa Yoga - Malisa, Gioconda, Jenn
 Vinyasa Yoga is an evolving form of traditional Hatha yoga that focuses on integrating breath and movement, awareness and alignment, strength and flexibility. Through flowing sequences, students will enjoy a dynamic and energetic setting. Levels All/1-2 (M), 2-3 (G)

Easy Spyn - Celeste. This 30 minute light-hearted, gentle indoor cycling class is back by popular demand. Goes great before Tu/Th 6pm Vinyasa! Bring athletic shoes or cycling shoes. No experience required, best for beginners. Level BEG

Yin Yoga - Dido
 The Yin practice is based on the meridian theory that long holding of positions stimulates the flow of chi (prana) and thereby develops and maintains the flexibility of muscles, joints, tendons, ligaments, fascia and energizes the vital organs. The Yin practice is suitable for healing injuries and resting after vigorous exercise. All levels

Yoga Wall - Dido
 An amazing prop for beginners as well as more advanced yoga practitioners, the Yoga Wall allows students to interact with gravity and with their bodies in new and different ways. We will experience a complete practice using the wall from warm-up poses to static asanas and vinyasas. All Levels

NEW! Yoga Happy Hour (and a 1/2) - Hannah
 What better way to finish off your week than a strong 90 minute yoga practice? This is a light-hearted, full-spectrum class. Pairs nicely with whatever kind of week you've had! Levels 2-4

Prices	Best Value! Unlimited Membership		Single Class	10 Class Card	20 Class Card	31 Day Unlimited	includes full gym use!!	10 Class Cards = 6 mo. expiration 20 Class Cards = 12 mo. expiration cards are non-refundable
	Short Term	\$129/mo	\$387 3 months	Walk-In \$16	\$132	\$220		
Year Term	\$112/mo	\$1232 12 months	Premier Members \$8	\$66	\$110			

Gym Hours of Operation
 Monday-Friday 5:30am-9pm
 Saturdays & Sundays 8am-7pm

Class Instructors

