



Fall/Winter 2010

231 E. Buffalo Suite 201

www.yamayogastudio.com

414-224-1519

Last updated 12/11/10 KS

Day	Time	Class	Teacher
Monday	9:30 am	Strengthen and Lengthen	Jenny
	Noon	Express	Claire
	5:30pm	Urban Yogi	Paula
	6:30pm	Flow With It	Michelle
	7:00pm	Basics	Paula
	7:00pm	Beginner Pilates Series	Therese
Tuesday	9:30am	Stiff Guys	Marietta
	Noon	Express	Marietta
	4:00pm	Community	Barb
	5:30pm	Fun and Flow Vinyasa	Amy
	6:00pm	Vinyasa Flow	Steve
	6:00pm	Pilates	Therese
	7:00pm	Hot Detox Flow	Dean
Wednesday	9:30am	Kripalu	Heather
	Noon	Express	Jaimi
	4:30pm	Pre-Natal for Mommy	Jenny
	5:30pm	Anusara Inspiration	Tammy
	6:00pm	Yoga For Athletes	Michelle
	7:00pm	Basics	Shri
Thursday	9:30am	Stiff Guys	Marietta
	Noon	Express	Kurt
	5:30pm	Power Vinyasa Playground	Amy
	6:00pm	Precision and Alignment	Jason
	7:00pm	Hot Detox Flow	Dean
Friday	9:30 am	Yoga for Wellness	Jenny
	Noon	Express	Marietta
	4:30pm	Renew & Restore	Tracy
	5:30pm	Candlelight Vinyasa	Jaimi
Sat	9:00am	Strength & Wellness	Ali
	9:00am	Immersion Yoga	Shri
	11:30am	Hot Detox Flow	Dean
Sunday	10:00am	Hatha Flow	Tracy
	10:00am	Vinyasa Flow	Jaimi
	Noon	Hot Detox	Dean
	5:00pm	Power Play	Shayne

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10 Dollars!**
Live in Milwaukee?
New to
YamaYoga?

**Come in and get 10
Consecutive Days of
Unlimited Yoga Classes
for just \$10!**

2010 Prices

Single Drop-In Yoga (Excluding Express Yoga)	\$16
Express Yoga	\$14
10-Pack (good for 90 days)	\$140
10-Pack Express Yoga (good for 90 days)	\$99
3-Pack (good for 90 days)	\$45
Monthly Unlimited All Classes (except Pilates)	\$109
4-wk Beginner Basics Series	\$64
Private One-on-One/Therapeutic Yoga (1-hour)	\$75
Private Reformer/Chair/Mat Pilates (1-hour)	\$60
Introductory Private Pilates Package - 3 classes	\$120
Private Pilates Package—10 classes	\$550
Private Pilates Package—20 classes	\$1000
Pilates Drop in—no discounts	\$15

Group Privates in studio & on-site available.
Discounts available to Seniors, Artists &
Full-Time Students with current ID.

Class packages are nonrefundable, but they are transferable.
The class schedule is subject to change.

Keep in touch with our updated schedule &
class descriptions online at:

www.yamayogastudio.com

You can also find us on Twitter & Facebook