



Winter/Spring 2010

231 E. Buffalo Suite 201

www.yamayogastudio.com

414-224-1519

Day	Time	Class	Teacher
Monday	12:00pm	Express	Morgan
	5:30pm	Urban Yogi	Paula
	6:30pm	Flow With It	Michelle
	7:00pm	Basics	Melissa
	7:00pm	Beginner Pilates Series	Therese
Tuesday	9:30am	Stiff Guys	Marietta
	12:00pm	Express	Marietta
	4:00pm	Community	Barb
	6:00pm	Alchemy	Marya
	6:00pm	Pilates	Therese
	6:30pm	Divine Alignment	Paula
Wednesday	7:00am	Power Vinyasa	Michelle
	12:00pm	Express	Jaimi
	4:30 pm	Renew and Restore (4/7)	Tracy
	5:30pm	Anusara Inspiration	Tammy
	6:00pm	Yoga For Athletes	Michelle
	7:00pm	Basics	Kate
Thursday	9:30am	Stiff Guys	Marietta
	12:00pm	Express	Kate
	5:30pm	Power Vinyasa Playground	Rachel
	6:00pm	Precision and Alignment	Jason
	7:00pm	Hot Detox Flow	Dean
Friday	12:00pm	Express	Marietta
	12:00pm	Mat Pilates	Therese
	4:30pm	Renew & Restore	Tracy
	5:30pm	Candlelight Vinyasa	Leah
Sat	9:00am	Mixed Level Vinyasa	Marya
	9:30 am	Body, Breath, Mind	Shri
	11:30am	Hot Detox Flow	Dean
Sunday	10:00am	Hatha Flow	Tracy
	10:00am	Power Flow	Jaimi
	12:00pm	Fitness & Endurance	Dean
	5:00pm	Power Play	Shayne

**10 Days for
10 Dollars!**

New to
YamaYoga?

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

Tell a friend, share the wealth!

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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
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 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 and
class descriptions online at:

www.yamayogastudio.com

Last updated 3/27/10 KS