

## Monday

			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
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		<b>Dynamic Yoga FREE to ALL</b>	Jon	55 min	All	Lotus
4:45 pm	ASL	<b>Beginner Yoga FREE to MEMBERS</b>	Dido	65 min	BEG	Lotus
5:45 pm		Vinyasa Yoga	Malisa	75 min	1-2	Chakras
6:00 pm		Yoga for Inspired Living™	Hannah	85 min	2-4	Lotus

EXPERIENCE LEVELS ARE : **All**=All levels **BEG**=Beginner **1**=novice **2**=intermediate **3**=advanced **4**=expert  
 Your practice should be in tune with your level of fitness: listen to your body!  
**ASL** = American Sign Language translator present for the hearing impaired  
**E/S** = English, with Spanish upon request. En Inglés y Español

## Tuesday

			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
9:30 am		<b>NEW!</b> Focus on Grace	Mandy	85 min	All	Chakras
9:30 am	ASL	Vinyasa Yoga	Gioconda	85 min	2-3	Lotus
Noon		Ashtanga Mysore Style	Selena	85 min	All	Chakras
Noon		<b>Iyengar Yoga FREE to MEMBERS</b>	Gillian	55 min	All	Lotus
4:30 pm		<b>NEW!</b> Anusara® Yoga	Christina	75 min	2-4	Chakras
5:45 pm		Iyengar Yoga	Gillian	75 min	All	Lotus
6:00 pm		Vinyasa Yoga	Gioconda	75 min	2-3	Chakras

**FREE to ALL** classes are available for new Austin residents to try for one month and are free to members.  
 ASK us about trying your first class for FREE!

## Wednesday

			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
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
4:45 pm	ASL	<b>Beginner Yoga FREE to MEMBERS</b>	Dido	65 min	BEG	Lotus
5:45 pm		Vinyasa Yoga	Malisa	75 min	1-2	Chakras
6:30 pm		<b>NEW! Meditation FREE to ALL</b>	Bob	75 min	All	Lotus
7:15 pm	ASL	Healing in Yoga <b>ENDS July 8th</b>	Murti	75 min	All	Chakras

Now offering 31 day unlimited class passes (includes gym & locker room use) for \$149!  
 Ask about our unlimited memberships starting at \$112/mo

**All**=All levels **BEG**=Beginner **1**=novice **2**=intermediate **3**=advanced **4**=expert

## Thursday

			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
9:30 am		<b>NEW!</b> 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		<b>Iyengar Yoga FREE to ALL</b>	Gillian	55 min	All	Lotus
4:30 pm		<b>NEW!</b> Anusara® Yoga	Christina	75 min	2-4	Chakras
5:45 pm		Iyengar Yoga	Gillian	75 min	All	Lotus
6:00 pm		Vinyasa Yoga	Gioconda	75 min	2-3	Chakras

### Class Type Color Chart (does not indicate difficulty)

<span style="display: inline-block; width: 20px; height: 10px; background-color: #ADD8E6; border: 1px solid black;"></span> Moderate Pace	<span style="display: inline-block; width: 20px; height: 10px; background-color: #FFD700; border: 1px solid black;"></span> Flowing Pace	<span style="display: inline-block; width: 20px; height: 10px; background-color: #808080; border: 1px solid black;"></span> Ashtanga Yoga	<span style="display: inline-block; width: 20px; height: 10px; background-color: #90EE90; border: 1px solid black;"></span> Meditation
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## Friday

			Instructor	Length	Level	Studio
6:00 am		Ashtanga Mysore Style	Juan	120 min	All	Chakras
9:30 am		Focus on Form	Selena	85 min	All	Chakras
Noon	E/S	Ashtanga Yoga Led Primary Series	Juan	85 min	2-4	Chakras
Noon		Healing in Yoga <b>ENDS July 10th</b>	Murti	75 min	All	Lotus
4:45 pm	ASL	<b>Yoga Wall FREE to ALL</b>	Dido	65 min	All	Lotus
7:30 pm		<b>Meditation Practice FREE to ALL</b>	Bob	55 min	All	Chakras

**Don't Forget!**



we offer over 35 fitness & pilates classes to help you work up a sweat!

**SEE THE SEPARATE SCHEDULE**

*Indoor Cycling, Pilates, Cardio Kickboxing, Martial Arts, Toning classes and more...*

## Weekend

			Instructor	Length	Level	Studio	
<b>SAT</b>	9:00 am	ASL	Healing in Yoga <b>ENDS July 5th</b>	Murti	75 min	All	Chakras
	9:30 am		<b>Flow and Yoga Wall FREE to ALL</b>	Dido	65 min	All	Lotus
	10:45 am		<b>NEW! Yin/Yang Yoga FREE to ALL</b>	Dido	55 min	All	Chakras
	10:45 am		Vinyasa Yoga	Malisa	75 min	All	Lotus
	Noon		Yoga for Inspired Living™	Hannah	85 min	2-4	Chakras
<b>SUN</b>	8:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
	10:00 am		Yoga for Inspired Living™	Mark	85 min	2-4	Chakras
	11:15 am	ASL	<b>Beginner Yoga FREE to ALL</b>	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

# SUMMER 2009 Class Schedule

June 1st - August 31st

Voted 2008 & 2009 "READER'S CHOICE" for Best Gym  
in Austin Fit Magazine

Includes 11 classes FREE for our Premier members  
and 8 classes FREE for ALL to sample for up to 1 month

Christina Sell, Anusara® 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: Sun 06/07, Mon 06/22, Tues 07/07, Wed 07/22, Thurs 08/06, Thurs 08/20

**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 Juan, & 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.

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

**Dynamic Yoga - Jon**  
Dynamic Yoga is a class directed at creating the highest level of energy, vitality, and freedom in the shortest amount of time. We will link the breath with dynamic movements of the body as well as cultivate strength, balance, focus, endurance and flexibility. This class will be an energizing full mind and body workout. All Levels

**Flow & Yoga Wall - Dido**  
This class combines the dynamic aspects of flow yoga with work on the Yoga Wall. All Levels

**Focus on Form - Clayton, Christina, Selena**  
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

**NEW! 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

**Healing In Yoga - Murti (ENDS 1st week of July)**  
Taught in the tradition developed by Murti of Healing in Yoga, these classes seek to honor the tradition by incorporating partner poses, theme based classes and of course, laughing pose, all the while remembering that yoga is both a physical and a spiritual 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

**MORE CLASSES! Meditation - Bob**  
Meditation frees us from the obsession of our "small selves" and reconnects us with who we really are. Regular practice exposes negative thinking, obsessions, and 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 everyone.

**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

**NEW! Yin/Yang Yoga - Dido**  
This healing yoga practice stimulates both the Yin (connective tissues and joints) and the Yang (muscle and blood) in the body. The Yang active sequence stretches and contracts muscles for strength and flexibility. By contrast, the Yin sequence relaxes the hips, pelvis, lower spine and joints with restorative poses held three to five minutes for joint mobility and stimulation of organ meridians. Come experience the harmony of effort and surrender. 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

**Vinyasa Yoga - Malisa, Gioconda**  
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 1-2 (M), 2-3 (G)

**NEW! 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

**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

**Yoga for Inspired Living™ - Hannah, Mark**  
What is important to you? Does your daily life support your deepest desires? This class is designed to help cultivate the capacity for inquiry, reflection and intentional action, leading us into a more profound relationship with what we love. The asana practice is fun, vigorous and precise--regular attendance will build physical strength, flexibility, and facilitate healing. All are welcome! The teachers of this class are students of Anusara® Yoga. Levels 2-4

Prices	Best Value! Unlimited Pass		Single Class	10 Class Card	20 Class Card	31 Day Unlimited	31 day Unlimited Passes Include Full Gym Use!
	Short Term	\$129/mo	\$387 3 months	Walk-In \$16	\$132	\$220	
Year Term	\$112/mo	\$1232 12 months	Premier Members \$8	\$66	\$110		

10 Class Cards = 6 mo. expiration 20 Class Cards = 12 mo. expiration  
cards are non-refundable

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

# Class Instructors

