



September 2019 Class Schedule

Celebrating 22 Years of AYC!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:15am	WARM Power Flow Izzy	WARM Power Flow Rosie	HOT Power Flow Ruth	WARM Power Flow Rosie	WARM Power Flow Maegan	WARM Power Flow Forrest	WARM Power Flow Ruth
8:15 - 9:30am	Flow & Yin \$10 Miranda	Slow Flow \$10 Tabitha	Flow & Yin \$10 Amy	Slow Flow \$10 Tabitha	Flow & Yin \$10 Shari	Gentle Flow \$10 Denise	Flow & Yin \$10 Amy
8:30 - 10:00am	Slow Power Flow Sara	WARM Flow & Yin Nathalie	Mindful Slow Flow Cea	Flow & Yin Amy	Slow Power Flow Sara	WARM Ashtanga Jonathan	HOT Power Flow Barbara
10:00 - 11:30am	Gentle Kundalini Sierra	Slow Flow & Restorative Paige (ends 11:15am)	WARM Power Flow Rosie	Gentle Restorative & Yin Paige (ends 11:15am)	Gentle Kundalini Denise	Gentle Restorative & Yin Amanda	Flow & Yin Julia
10:15 - 11:45am	Mindful Flow Gota	Align & Flow Joe	Bhakti Flow Michael J.	Align & Flow Joe	Bhakti Flow Michael J.	Align & Flow Joe	Bhakti Flow Michael J.
12:15 - 1:45pm	Align & Flow Deirdre	HOT Flow & Yin Shala	WARM Flow & Yin Maeve (ends 1:30pm)	HOT Flow & Yin Shala	WARM Flow & Yin Tucker S. (ends 1:30)	HOT Power Flow Forrest	Yin Maegan
12:30 - 1:45pm	Back Care Libby	Kaiut Tucker S.	Kaiut Tucker S.	Kaiut Tucker S.	Self-Massage & Yin Libby	Slow Flow & Yin Tucker S.	WARM Slow Flow Denise
2:15 - 3:45pm	HOT Power Ashtanga Mix \$10 Stephanie	WARM Power Flow \$10 Tara (ends 3:30pm)	WARM Mindful Flow \$10 Gota (ends 3:30pm)	Slow Flow \$10 Andie	HOT Power Ashtanga Mix \$10 Stephanie	HOT Power Ashtanga Mix \$10 Barbara	Slow Flow \$10 Nicole (ends 3:30pm)
2:30 - 3:45pm	Gentle Flow & Restorative \$10 Maeve	Gentle Flow & Restorative \$10 Denise	Gentle Restorative & Yin \$10 Tanya	Led Ashtanga \$10 Jonathan	Gentle Flow & Restorative \$10 Amy	Gentle Restorative & Yin \$10 Tanya	WARM Flow & Yin \$10 Kelly
4:00 - 5:15pm	WARM Yin Shala (ends 5:00pm)	WARM Flow & Yin Shari	Slow Mindful Flow Lewis	Bhakti Flow Michael J.	HOT Slow Flow Denise	WARM Slow Power Flow Nathalie	Gentle Restorative & Yin Maeve
4:15 - 5:30pm	WARM Power Flow Michele	Gentle Restorative & Yin Nathalie	Gentle Restorative & Yin Michael J.	Slow Flow & Restorative Maeve	Slow Flow & Restorative Andie	Kaiut Tucker S.	WARM Power Flow Ruth
5:30 - 6:45pm	HOT Flow & Yin Shala	WARM Flow & Yin Maeve	HOT Flow & Yin Shala	WARM Flow & Yin Michael J.	WARM Flow & Yin Maeve	WARM Flow & Yin Ruth	WARM Flow & Yin Maeve
5:45 - 7:00pm	Bhakti Flow Michael J.	Yin Kimberley	Bhakti Flow Michael J.	Align & Flow Joe	Yin Tucker S.	Gentle Restorative & Yin Nathalie	Gentle Kundalini Ananda
7:00 - 8:15pm	WARM Power Flow \$10 Maegan	WARM Kundalini \$10 Ananda	WARM Flow & Yin Maegan	HOT Kundalini \$10 Sierra (ends at 8:30pm)	Charity of the Month: Charlie's Angels Animal Rescue September 26 - 10% of Drop-In & Community Class Sales Donated Ask us how you can get involved!		Gentle Restorative & Yin \$10 Michael J.
7:15 - 8:30pm	Gentle Restorative & Live Music Lyndsey	Mindful Flow Richard	Gentle Restorative & Live Music \$10 Becca	Gentle Yin & Nidra Miranda			Gentle Yoga & Meditation \$10 Richard (ends 8:15)

Intro to Yoga
Free info & yoga session
Every Monday at 5:45pm

30 Days of Yoga for \$30
Intro Special for new locals!
Terms apply.

Save up to \$900 on 200-Hour Teacher Trainings
Register today!

Clase de Mindful Flow: Yoga en Español
with Gota Cebrero
Primer y tercer Jueves del mes

Kaiut Yoga Immersion
with Tucker Shelton
September 21 - 22

22nd Anniversary Celebration
Free mini workshops, lunch, Boutique special, & more!
Check youryoga.com for full details!
September 26

Classes recommended for beginners