



3966 Piedmont Avenue
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May-August 2010

* PLEASE NOTE: We will be on holiday schedule from Friday, May 28 through Monday, May 31 and Friday, July 2 through Sunday, July 4th. Please check website to see if your class is being held.

**Class descriptions and teacher's bios are listed on our
 PLEASE CHECK WEBSITE FOR UPDATES TO THIS SCHEDULE**

MONDAY

Time	Studio	Class	Level	Instructor	Drop In/ 4 Class Series ¹
6:30 – 7:45 am	1	Shadow Yoga	all	Andy Matinog	\$15/\$50
9:00 – 10:45 am	2	Hatha	2-4	Ann Dyer	\$16/\$54
9:30 – 11:00 am	1	Hatha	1-2	Cheryl Fenner Brown	\$15/\$50
11:30 – 1:00 pm	1	Community	all	Donna Anderson	\$8/sliding
12:00 – 1:30 pm	2	Hatha	1-3	Vickie Russell Bell	\$16/\$54
4:30 – 5:30 pm	2	Teen Hatha	all	Erin Collom	\$12/\$40
6:00 – 7:30 pm	1	Prenatal	all	Cynthia Denise	\$15/\$50
5:45 – 7:15 pm	2	Hatha	all	Vickie Russell Bell	\$16/\$54
7:30 – 9:00 pm	2	Hatha	1-2	Richard Rosen	\$16/\$54
7:45 – 9:00 pm	1	Back Care	all	Baxter Bell	\$15/\$50

TUESDAY

6:30 – 8:00 am	1	Iyengar Hatha	1-3	Parag Mody	\$16/\$54
9:00 – 10:30 am	2	Hatha	1-2	Raven Nemeroff	\$15/\$50
9:30 – 11:00 am	1	Hatha	all	Alan Leon	\$15-\$45
11:30 – 1:00 pm	1	Gentle Healing	all	Patrice Wagner	\$2-\$10 ²
12:00 – 1:00 pm	2	Hatha	1-3	Caryn Dickman	\$12/\$40
4:00 – 5:30 pm	2	Iyengar Intro	1	Allan Nett	\$20/\$60
5:45 – 7:15 pm	1	Hatha	1-3	Yoko Yoshikawa	\$16/\$52
5:45 – 7:15 pm	2	Iyengar Hatha	2-4	Allan Nett	\$20/\$60
7:30 – 9:00 pm	2	Hatha	1-2	Richard Rosen	\$16/\$54
7:30 – 9:00 pm	1	Restorative	all	Caryn Dickman	\$16/\$52

WEDNESDAY

6:30 – 7:45 am	1	Shadow Yoga	all	Andy Matinog	\$15/\$50
8:15 – 9:15 am	1	Gentle Yoga	1-2	Jill Woolums	\$15/\$46
9:00 – 10:45 am	2	Hatha	2-4	Ann Dyer	\$16/\$54
9:30 – 11:00 am	1	Hatha Flow	all	Ira Israel	\$15/\$50
12:00 – 1:00 pm	1	Yoga Nidra	all	Cheryl/Sharon	\$12/\$40
12:00 – 1:00 pm	2	Hatha YFAC	all	Yolanda Vazquez/	donation
2:00 – 3:00 pm	1	Seniors	all	Nancy Randall	\$8/class
4:00 – 5:00 pm	1	Children 5-8	all	Olga Stein	\$16/\$60
5:45 – 7:15 pm	1	Hatha	1-3	Karen Schneider	\$15/\$50
6:00 – 7:30 pm	2	Gentle Basics	1-2	Raleigh/Erin Collom	\$15/\$50*3
7:30 – 9:00 pm	1	Hatha	1-3	Greg Hartwig	\$15/\$50
7:40 – 9:00 pm	2	Hatha	Basics	Karen Schneider	\$15/\$50

THURSDAY

6:30 – 8:00 am	1	Iyengar Hatha	1-3	Parag Mody	\$16/\$54
7:45 – 8:45 am	2	Wake Up Yoga	all	Alan Leon	\$12/\$40
9:00 – 10:30 am	2	Hatha	1-2	Raven Nemeroff	\$15/\$50
9:30 – 11:15 am	1	Hatha	2-3	Yoko Yoshikawa	\$16/\$52
12:00-1:15 pm	1	Living w/Cancer	all	Cheryl Fenner Brown	donation
12:00 – 1:30 pm	2	Hatha	1-3	Vickie Russell Bell	\$16/\$54
1:30 – 2:30 pm	1	Gentle/Restorative		JoAnn Lyons	\$10/\$40
3:00 – 4:30 pm	1	Ppl w/Disabilities	all	JoAnn Lyons	\$15/\$50
5:30 – 7:00 pm	1	Hatha	1-3	Kath Davis	\$15/\$50
7:15 – 9:00 pm	1	Hatha	2-3	Vickie Russell Bell	\$18/\$62

FRIDAY

6:30 – 7:45 am	1	Shadow Yoga	all	Andy Matinog	\$15/\$50
9:00 – 10:45 am	1	Hatha	2-4	Ann Dyer	\$16/\$54
9:30 – 11:00 am	2	Hatha	1-3	Clare Finn	\$16/\$54
12:00 – 1:00 pm	2	Hatha	all	Carla Koopal	\$13/\$40
12:30 – 1:30 pm	1	Hatha Flow	1-3	Sarah Jenness	\$11/\$40

SATURDAY

7:15 – 8:45 am	2	Hatha	all	Jill Woolums	\$17/\$55
8:00 – 9:00 am	1	Tai Chi Chuan	all	Joseph Acquah	\$20/60*5
9:00 – 11:15 am	2	Hatha	3-4	Richard Rosen	\$18/\$60*6
9:30 – 11:00 am	1	Hatha	1-2	Patty Hirota-Cohen	\$15/\$50
11:15 – 12:45 pm	1	Prenatal	all	Cynthia Denise	\$15/\$50
11:30 – 1:00 pm	2	Hatha	1-2	Richard Rosen	\$16/\$54
1:15 – 2:45 pm	1	Restorative	all	JoAnn Lyons	\$15/\$50
3:00 – 4:30 pm	1	Special Needs	all	JoAnn Lyons	\$15/\$50

SUNDAY

8:00 – 9:00 am	1	Pilates & Yoga	all	Carla Koopal	\$13/\$40
9:00 – 11:00 am	2	Basics	1	Raleigh/Marty/George	\$15/\$50*3
9:30 – 11:00 am	1	Hatha	1-3	Yoko Yoshikawa	\$16/\$52
11:15 – 1:15 pm	2	Hatha	2-4	Yoko Yoshikawa	\$16/\$52
11:30 – 1:00 pm	1	Yoga Core Strength	1-3	Kath Davis	\$15/\$50
2:00 – 4:00 pm	2	Iyengar Hatha	1-3	Allan Nett	\$25/\$80
4:30 – 6:00 pm	1	Hatha	2-4	Greg Hartwig	\$15/\$50
5:30 – 7:00 pm	2	Community	1-3	Sandra Safadrazieli	\$5/class
7:20 – 9:00 pm	2	Community	2-4	Sandra Safadrazieli	\$10-\$15

*1 First price is for single drop-in class; second price is for series of four classes with the same teacher.

*3 Raleigh is retiring after May 9. Wednesday will be taught by Erin Collom. Sundays will be taught by either Marty Fleetwood and George Lamb. Wednesday class will begin at 6:00.

*5 \$60.00 per month for one class of instruction per week! Fee is due on the first class of each month. There are no make up classes. Call Joseph with any questions: 415.533.9721

*6 If you're a new student or haven't attended this class for awhile, please check the PYS website under Subs & Cancellations to make sure Richard is in town and teaching this class. Also note, new students MUST arrive 5 minutes early to talk to teacher; NO new students admitted after class starts.