yogaworks

class schedule may 13 - september 15, 2013
westside
37 w. 65th street, 4th floor (btwn columbus & cpw)
212.769.9642 • yogaworks.com

MONDAY

- 6:00-8:30 **Ashtanga/Mysore** Evan Perry
- 7:30-8:30 **YogaWorks 2** Jennie Cohen
- 9:00-10:15 **YogaWorks 1** Celine Antoine
- 9:30-10:30 **Pilates Fusion 1** Stephanie Willing
- 9:30-10:45 **Vinyasa Flow 2**♫ Lisa Zaloga
- 10:45-12:15 **YogaWorks 1/2**♫ Jodie Rufty
- 11:00-12:15 **Iyengar 1** Sarah Perron
- 12:30-1:30 **Classical Pilates Mat 2** Holly Jean Cosner
- 12:30-1:30 **Ishta 1/2** Douglass Stewart
- 12:30-1:30 **YW Flow 2/3**♫ Jodie Rufty
- 2:00-3:15 **Yoga Blend 1/2** Jess Blake
- 4:00-5:15 **Vinyasa Flow 2**♫ Anya Porter
- 5:45-6:45 **YW Cardio Flow® 2**♫ Anna Hughes Dioguardi
- 6:00-7:15 **YogaWorks 1/2** Laurel Beversdorf
- 6:00-7:25 **YW Flow 2/3**♫ Jeanmarie Paolillo
- 7:00-7:55 **Contemporary Pilates Mat 2** Lizzy Mulkey
- 7:30-8:45 **Vinyasa Flow 2/3**♫ Lisa Bennett Matkin
- 7:30-8:45 **YogaWorks 1** Jocelyn Casey-Whiteman
- 8:05-9:00 **Contemporary Pilates Mat 1** Ashley Flaner

TUESDAY

- 6:00-8:30 **Ashtanga/Mysore** Evan Perry
- 7:30-8:30 **Vinyasa Flow 2**♫ Karolina Cemel
- 9:00-10:30 **YogaWorks 2** Paula Liberis
- 9:30-10:45 **Gentle Yoga** Bridget Shields
- 10:45-12:15 **YW Flow 2/3**♫ Jeanmarie Paolillo
- 12:30-1:30 **Classical Pilates Mat 1/2** Maya Elbaum
- 12:30-1:30 **Vinyasa Flow 2**♫ Sangeeta Vallabhan
- 12:30-1:45 **Iyengar 1/2** Michael Morphis
- 2:00-3:15 **Yoga Blend 1/2** Farran Powell ★
- 4:00-5:15 **YogaWorks 1/2** Sarah Bell
- 4:30-5:50 **Urban Zen 1** Kirtan Smith
- 5:15-6:15 **Contemporary Pilates Mat 1/2** Karis LeBlanc
- 6:00-7:15 **Vinyasa Flow 2**♫ Lisa Yi
- 6:00-7:15 **Iyengar 1** Tzahi Moskovitz
- 6:30-7:25 **Pilates Fusion 1/2** Valarie Samulski
- 7:30-8:45 **Power Yoga 2/3**♫ 🌡 Sherman Morris
- 7:30-8:45 **Vinyasa Flow 2**♫ Tamar Samir
- 7:45-9:00 **YogaWorks 1/2** Laurel Beversdorf

WEDNESDAY

- 6:00-8:30 **Ashtanga/Mysore** Evan Perry
- 7:30-8:30 **YogaWorks 2** Jennie Cohen
- 9:00-10:15 **YogaWorks 1** Celine Antoine
- 9:30-10:30 **Classical Pilates Mat 1/2** Jillene Johnson
- 9:30-10:45 **Vinyasa Flow 2**♫ Lisa Zaloga
- 10:45-12:15 **YogaWorks 1/2**♫ Jodie Rufty
- 11:00-12:15 **Iyengar 1** Sarah Perron
- 12:30-1:30 **Classical Pilates Mat 1/2** Emilie Schreiner
- 12:30-1:30 **Ishta 1/2** Douglass Stewart
- 12:30-1:30 **YW Flow 2/3**♫ Jodie Rufty
- 2:00-3:15 **Yoga Blend 1/2** Jess Blake
- 4:00-5:15 **Vinyasa Flow 2**♫ Anya Porter
- 5:45-6:45 **YW Cardio Flow® 2**♫ Anna Hughes Dioguardi
- 6:00-7:15 **YogaWorks 1/2** Laurel Beversdorf
- 6:00-7:25 **YW Flow 2/3**♫ Jeanmarie Paolillo
- 7:00-7:55 **Contemporary Pilates Mat 2** Lizzy Mulkey
- 7:30-8:45 **Vinyasa Flow 2/3**♫ Lisa Bennett Matkin
- 7:30-9:00 **Iyengar 1/2** Kavi Patel
- 8:05-9:00 **Contemporary Pilates Mat 1** Lizzy Mulkey

THURSDAY

- 6:00-8:30 **Ashtanga/Mysore** Evan Perry
- 7:30-8:30 **Vinyasa Flow 2**♫ Karolina Cemel
- 9:00-10:30 **YogaWorks 2** Paula Liberis
- 9:30-10:45 **Gentle Yoga** Bridget Shields
- 10:45-12:15 **YW Flow 2/3**♫ Jeanmarie Paolillo
- 12:30-1:30 **Classical Pilates Mat 2** Maya Elbaum
- 12:30-1:30 **Vinyasa Flow 2**♫ Sangeeta Vallabhan
- 12:30-1:45 **Iyengar 2** Michael Morphis
- 2:00-3:15 **Yoga Blend 1/2** Karla Misjan ★
- 4:00-5:15 **YogaWorks 1/2** Sarah Bell
- 4:15-5:15 **Restoratives** Lisa Bennett Matkin
- 5:15-6:15 **Contemporary Pilates Mat 1/2** Karis LeBlanc
- 6:00-7:15 **Vinyasa Flow 2**♫ Lisa Yi
- 6:00-7:15 **Iyengar 1** Tzahi Moskovitz
- 6:30-7:25 **Pilates Fusion 1/2** Valarie Samulski
- 7:30-8:45 **Power Yoga 2/3**♫ 🌡 Sherman Morris
- 7:30-8:45 **Vinyasa Flow 2**♫ Tamar Samir
- 7:45-9:00 **YogaWorks 1/2** Laurel Beversdorf

FRIDAY

- 6:00-8:30 **Ashtanga/Mysore** Evan Perry
- 7:30-8:30 **YogaWorks 2** Jennie Cohen
- 9:00-10:15 **YogaWorks 1** Caitlin Casella
- 9:30-10:30 **Pilates Fusion 1** Stephanie Willing
- 9:30-10:45 **Vinyasa Flow 2**♫ Lisa Zaloga
- 10:45-12:15 **YogaWorks 1/2** Rama Nina Patella
- 12:30-1:30 **Vinyasa Flow 2**♫ Lisa Zaloga
- 12:30-1:30 **Contemporary Pilates Mat 1/2** Katherine Shapiro
- 12:30-1:45 **Iyengar 1/2** Sarah Perron
- 2:00-3:15 **Yoga Blend 1/2** Jess Blake
- 4:00-5:15 **Vinyasa Flow 2**♫ Anya Porter
- 4:30-5:45 **YogaWorks 1** Ann Mosca
- 5:45-7:00 **YogaWorks 1/2** Jocelyn Casey-Whiteman
- 6:00-7:25 **YW Flow 2/3** Paula Liberis
- 7:30-8:30 **Restoratives** Cathy Lilly

SATURDAY

- 9:00-10:30 **Ashtanga/Led 3** Evan Perry
- 9:15-10:45 **Vinyasa Flow 2**♫ Karolina Cemel
- 9:30-10:30 **Pilates Fusion 1** Lindsay Ashmun
- 10:45-11:45 **Contemporary Pilates Mat 2** Heather Mims
- 11:00-12:25 **Yoga Blend 1/2** Alex Phelan
- 11:30-12:45 **Power Yoga 2/3**♫ 🌡 Sherman Morris
- 12:45-2:15 **Yoga Blend 1** Bridget Shields
- 2:30-4:00 **Vinyasa Flow 2**♫ Dana Gilly

SUNDAY

- 9:00-9:55 **Pilates Fusion 1** Jillene Johnson
- 9:00-10:30 **Iyengar 2** Sarah Perron
- 9:30-11:00 **Yoga Blend 1/2** Hollis Lewis
- 10:00-10:50 **Fundamentals of Yoga**** Rachelle Devore
- 10:45-12:15 **Vinyasa Flow 2/3**♫ Tamar Samir
- 11:15-12:45 **YW Flow 2** Rama Nina Patella
- 12:30-1:30 **Classical Pilates Mat 1/2** Ashley Flaner
- 3:00-4:30 **Ashtanga/Led 3** Evan Perry
- 4:45-6:00 **Yoga Blend 1/2** Alex Phelan
- 6:15-7:15 **Restoratives** Danielle Lee
- 6:15-7:30 **Vinyasa Flow 2**♫ Dana Campbell

Group Reformer

- **Monday • 6pm** Beginner
- **Tuesday • 7:30pm** Intermediate
- **Wedneday • 7:30pm** Beginner
- **Thursday • 6:30pm** Adv./JumpBoard
- **Saturday • 10:30am** Intermediate
- **Sunday • 10:00am** Beginner/Intermediate

Group Tower

- **Monday • 12pm** Intermediate
- **Wedneday • 6pm** Beginner/Intermediate
- **Friday • 12:30pm** Therapeutics
- **Saturday • 12:30pm** Intermediate/Advanced

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Enjoy even more of our classes anytime, anywhere.
Online at myyogaworks.com.

LEGEND

Ashtanga/Mysore classes do not meet on moon days including: (5/24, 6/8, 6/23, 7/8, 7/22, 8/6, 8/20, 9/5)

- * Class is a series, pre-registration required.
- ** Priority will be given to first time students. Call studio for details.
- ♫ Music
- 🌡 Come prepared for room temperatures 85 degrees & above.
- ★ Complimentary class taught by a recent YogaWorks 500 hour Teacher Training Graduate.

Visit yogaworks.com for substitute teachers & holiday hours.