yogaworks

class schedule january 14 - may 12, 2013
westside
37 w. 65th street, 4th floor (betw 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
11:00-12:15	**AntiGravity® Yoga Slow Flow** Josie Say
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♫** Brian Silvestry
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** Karis LeBlanc
7:30-8:45	**Vinyasa Flow 2/3♫** Lisa Matkin
7:30-9:00	**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	**AntiGravity® Yoga Flying Fitness** Lorianne Major
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** Emilie Schreiner
12:30-1:30	**Vinyasa Flow 2♫** Timothy Bish
12:30-1:45	**Iyengar 1/2** Michael Morphis
2:00-3:15	**Yoga Blend 1/2** Lacey Kressin ★
4:00-5:15pm	**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	**Yoga Blend 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** Katherine Shapiro
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
4:00-5:15	**AntiGravity® Yoga Flying Fitness** Shelly Bomb
5:45-6:45	**YW Cardio Flow 2♫** Brian Silvestry
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 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♫** Timothy Bish
12:30-1:45	**Iyengar 2** Michael Morphis
2:00-3:15	**Yoga Blend 1/2** Andrew Belcher ★
4:00-5:00	**AntiGravity® Pilates** Stephanie Willing
4:00-5:15	**YogaWorks 1/2** Sarah Bell
4:15-5:15	**Restorative** Lisa Matkin
5:15-6:15	**Contemporary Pilates Mat 1/2** Heather Mims
6:00-7:15	**Vinyasa Flow 2♫** Lisa Yi
6:00-7:15	**Yoga Blend 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
5:30-7:00	**AntiGravity® Yoga Restorative** Josie Say
5:45-7:15	**YogaWorks 1/2** Eliza Cantor
6:00-7:25	**YW Flow 2/3** Paula Liberis
7:30-8:30	**Restorative** 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** Lizzy Mulkey
10:45-11:45	**Contemporary Pilates Mat 2** Heather Mims
11:00-12:25	**YogaWorks 1/2** Alex Phelan
11:30-12:45	**Power Yoga 2/3♫** Sherman Morris
12:00-1:00	**AntiGravity® Yoga FUNdamentals** Shelly Bomb
12:45-2:15	**Yoga Blend 1** Bridget Shields
2:30-4:00	**Vinyasa Flow 2** Dana Gilly

Pilates Group Equipment Classes (1 hour)

REFORMER

Monday: 6:00pm (Beginner)
Tuesday: 7:30pm (Intermediate)
Wednesday: 7:30pm (Beginner)
Thursday: 6:30pm (Jumpboard)
Saturday: 10:30am (Intermediate)
Sunday: 10:00am (Intermediate)

TOWER

Monday: 12:00pm (Intermediate)
Wednesday: 6:00pm (Beginner / Intermediate)
Friday: 12:30pm (Beginner / Intermediate)
Saturday: 1:00pm (Prenatal)
Sunday: 12:00pm (Beginner)

Classes offered for an additional fee.
Pre-registration recommended.

SUNDAY

9:00-9:55	**Pilates Fusion 1** Lindsay Ashmun
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** Eliza Cantor
10:45-12:15	**Vinyasa Flow 2/3♫** Tamar Samir
11:00-12:15	**AntiGravity® Yoga Flying Fitness** Josie Say
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	**Restorative** Danielle Lee
6:15-7:30	**Vinyasa Flow 2♫** Chelsey Korus Aston

ANTIGRAVITY® YOGA / PILATES

Classes offered for an additional fee.

Pre-registration recommended.

T-shirts and leggings must be worn.

LEGEND

* Ashtanga/Mysore classes do not meet on moon days including: (1/27, 2/10, 2/25, 3/11, 3/27, 4/10, 4/25, 5/10)
★ Complimentary class taught by a recent YogaWorks 500-hour Teacher Training Graduate
♫ Music
🌡 Come prepared for room temperatures 85 degrees and above

Visit yogaworks.com for substitute teachers and holiday hours.