yogaworks

class schedule january 13 - may 11, 2014
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 Mat 1**	Stephanie Willing
9:30-10:45	**Vinyasa Flow 2**♫	Lisa Zaloga
10:45-12:00	**YogaWorks 1/2**♫	Jodie Rufty
11:00-12:15	**Iyengar 1**	Sarah Perron
12:30-1:30	**Pilates Mat 2**	Holly Jean Cosner
12:30-1:30	**Hatha Yoga 1/2**	Douglass Stewart
12:30-1:30	**YW Flow 2/3**♫	Jodie Rufty
2:00-3:15	**Hatha Yoga 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
6:00-7:15	**YW Flow 2/3**♫	Jeanmarie Paolillo
7:00-7:55	**Pilates Mat 2**	Lizzy Mulkey
7:30-8:45	**Vinyasa Flow 2/3**♫	Lisa Bennett Matkin
7:30-8:45	**YogaWorks 1**	Hollis Lewis
8:05-9:00	**Pilates Mat 1**	Ana Gegner

TUESDAY

6:00-8:30	**Ashtanga/Mysore**	Evan Perry
7:30-8:30	**Vinyasa Flow 2**♫	Karolina Cemel
9:00-10:30	**YogaWorks 2**	Dani Zuccheri
9:30-10:45	**Gentle Yoga**	Bridget Shields
10:45-12:15	**YW Flow 2/3**♫	Jeanmarie Paolillo
12:30-1:30	**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	**Hatha Yoga 1/2**	Aaron Chavira★
4:00-5:15	**YogaWorks 1/2**	Sarah Bell
4:30-5:50	**Urban Zen 1**	Kirtan Smith
5:15-6:15	**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 Mat 1/2**	Valarie Samulski
7:30-8:45	**Vinyasa Flow 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	**Pilates Mat 1/2**	Valarie Samulski
9:30-10:45	**Vinyasa Flow 2**♫	Lisa Zaloga
10:45-12:00	**YogaWorks 1/2**♫	Jodie Rufty
11:00-12:15	**Iyengar 1**	Sarah Perron
12:30-1:30	**Pilates Mat 1/2**	Holly Jean Cosner
12:30-1:30	**Hatha Yoga 1/2**	Douglass Stewart
12:30-1:30	**YW Flow 2/3**♫	Jodie Rufty
2:00-3:15	**Hatha Yoga 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
6:00-7:15	**YW Flow 2/3**♫	Jeanmarie Paolillo
7:00-7:55	**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	**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**	Dani Zuccheri
9:30-10:45	**Gentle Yoga**	Bridget Shields
10:45-12:15	**YW Flow 2/3**♫	Jeanmarie Paolillo
12:30-1:30	**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	**Hatha Yoga 1/2**	Brendan Rooney★
4:00-5:15	**YogaWorks 1/2**	Sarah Bell
4:30-5:30	**Restoratives**	Bridget Shields
5:15-6:15	**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 Mat 1/2**	Valarie Samulski
7:30-8:45	**Vinyasa Flow 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 Mat 1**	Stephanie Willing
9:30-10:45	**Vinyasa Flow 2**♫	Lisa Zaloga
10:30-11:45	**Hatha Yoga 2**	Douglass Stewart
12:30-1:30	**Vinyasa Flow 2**♫	Lisa Zaloga
12:30-1:30	**Pilates Mat 1/2**	Katherine Shapiro
12:30-1:45	**Iyengar 1/2**	Sarah Perron
2:00-3:15	**Hatha Yoga 1/2**	Jess Blake
4:00-5:15	**Vinyasa Flow 2**♫	Anya Porter
4:30-5:45	**YogaWorks 1**	Ann Mosca
6:00-7:25	**YW Flow 2/3**	Karolina Cemel
6:15-7:15	**Vinyasa Flow 2**	Killian O'Brien
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 Mat 1**	Lindsay Ashmun
10:45-11:45	**Pilates Mat 2**	Kelly Cummings
11:00-12:15	**YogaWorks 1/2**	Celine Antoine
11:30-12:45	**Vinyasa Flow 2/3**♫🌡	Sherman Morris
12:45-2:15	**Hatha Yoga 1**	Bridget Shields
2:30-4:00	**Vinyasa Flow 2**	Dana Gilly

SUNDAY

9:00-9:55	**Pilates Mat 1**	Ana Gegner
9:00-10:30	**Iyengar 2**	Sarah Perron
9:30-11:00	**Hatha Yoga 1/2**	Hollis Lewis
10:00-10:50	**Fundamentals of Yoga***	Amy Coombs
10:45-12:15	**Vinyasa Flow 2/3**♫	Tamar Samir
11:15-12:30	**Vinyasa Flow 2**	Amy DeFilippi
12:30-1:30	**Pilates Mat 1/2**	Ashley Flaner
3:00-4:30	**Ashtanga/Led 3**	Evan Perry
4:45-6:00	**Hatha Yoga 1/2**	Alie Carey Flynt
6:15-7:15	**Restoratives**	Alie Carey Flynt
6:15-7:30	**Vinyasa Flow 2**♫	Dana Campbell

Pilates Reformer Schedule

Group Reformer

Monday • 6:00pm
Beginner

Tuesday • 7:30pm
Intermediate

Wednesday • 7:30pm
Beginner

Saturday • 10:30am
Intermediate

Sunday • 10:00am
Beginner/Intermediate

Group Tower

Monday • 12:00pm
Intermediate

Wednesday • 6:00pm
Beginner/Intermediate

Thursday • 6:30pm
Pilates for Athletes

Friday • 12:30pm
Therapeutics

LEGEND

Ashtanga/Mysore classes do not meet on new and full moon days: 1/15, 1/30, 2/14, 2/28, 3/16, 3/30,4/15, 4/28,

- * First time students given priority. Call studio for details.
- ♫ Led by music
- 🌡 Room temperatures 85 degrees & above.
- ★ Class taught by a recent YogaWorks Teacher Training graduate (500 hours).