yogaworks®

class schedule september 17 - january 13, 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** Amie Castaldo
- 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 FUNdamentals** 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
- 1:45-2:45 **Prenatal** Jess Blake
- 2:00-3:15 **Yoga Blend 1/2** Julie Graham ★
- 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** 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 Slow Flow** 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 ★
- 4:00-5:00 **AntiGravity® Pilates** Stephanie Willing
- 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 **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
- 1:45-2:45 **Prenatal** Jess Blake
- 2:00-3:15 **Yoga Blend 2** Laura Singer ★
- 4:00-5:15 **Vinyasa Flow 2♫** Anya Porter
- 4:00-5:15 **AntiGravity® Yoga Flying Fitness** Lorianne Major
- 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** Heather Mims
- 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** Heather Mims

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 **AntiGravity® Yoga Flying Fitness** Josie Say
- 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** Emilie Schreiner
- 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 **Therapeutics** Anne Taylor
- 5:15-6:15 **Contemporary Pilates Mat 1/2** Ashley Flaner
- 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
- 11:00-12:15 **AntiGravity® Yoga Slow Flow** KD Diallo
- 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** Rachelle Devore ★
- 4:00-5:15 **Vinyasa Flow 2♫** Anya Porter
- 4:30-5:45 **YogaWorks 1** Ann Mosca
- 5:30-7:00 **AntiGravity® Yoga Restorative** KD Diallo
- 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** Amie Castaldo
- 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 (Intermediate)
Saturday: 10:30am (Intermediate)
Sunday: 10:00am (Intermediate)

TOWER

Monday: 12:00pm (Intermediate)
Wednesday: 6:30pm (Intermediate)
Friday: 12:30pm (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 **Anti-Gravity® 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: (9/29, 10/15, 10/29, 11/13, 11/28, 12/13, 12/28, 1/11)
- ★ Class is taught by a 500-hour Teacher Training Graduate
- ♫ Music
- 🌡 Come prepared for room temperatures 85 degrees and above

Visit yogaworks.com for substitute teachers and holiday hours.