

JANUARY & FEBRUARY 2012: DROP-IN CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 - 9:00am Kettlebell Intervals w/Leslie (\$5)	7:30-8:30am Open Practice FREE w/Val		9:15-10:00am Family Friday Yoga w/Charmaine \$25 for 6 wks or \$5 per family drop-in (starts 1/13)	9:00-10:15am Morning Yoga (All levels) w/Sarah
	9:00 - 9:30am Pilates Express w/Leslie (\$5)				
			10:30-11:30 Gentle Stretch w/Sarah (All levels)	10:30-11:30am Meditation SERIES: 8wks w/Amy Billman (\$60) (Starts 2/3; Pre-register)	10:30-11:30am Yoga 101 4wk SERIES w/ Sarah (1/14-2/4) (Pre-registration req.)
	12:15-12:45pm Lunchtime Express Yoga (All levels) w/Sarah (\$5)		12:15-12:45pm Lunchtime Express Yoga w/Sarah (\$5)		1:00-2:00pm Zumba Nichole/Lynda (rotating)
					2:15-3:00pm Zumbatomic for kids \$25 for 6 wks or \$5 per family drop-in (starts 1/14)
5:15-6:45pm Intermediate Alignment Yoga w/Charmaine	5:15-6:15pm Pilates Flow w/ Leslie (All levels)	5:30-6:30pm Belly Dance for Fitness w/Allison (starts 1/11)	5:30-6:30pm Yoga for Strength (All levels) w/Jess	5:30-6:30pm Happy Hour Zumba (All levels) w/Lynda (\$5)	3:00-9:00pm Workshops/Events (See schedule below)
7:00-8:00pm Beginner Alignment Yoga w/Charmaine	7:00-8:00pm Zumba w/ Nichole (All levels)	7:00-8:00pm Beginner Alignment Yoga w/Charmaine	7:00-8pm Prenatal Yoga (1/12-2/16) w/Charmaine		

Very occasionally we have to make slight modifications to our schedule (class changes or new ones are added) so it's always a good idea to check our online calendar at AshlandYogaStudio.com or call 715-682-9644 (YOGI) for a weekly listing of current classes.

PRICING

All of our Drop-in classes are \$10 per class unless otherwise noted. You can purchase a Studio Pass for additional savings:

5-Class Pass=\$45

10-Class Pass=\$90

MISSION

AYS strives to create an environment that is safe, accessible and free of judgment. We hope to introduce people to the health and wellness benefits gained through the practice of Yoga, Meditation, Pilates, Zumba and other forms of movement.

EVENTS

January 14, 3pm: Mama-to-Mama Breastfeeding Support Group FREE

January 28, 6pm: 1/2 Off Belly Dancing Class & FREE Open Hafla (dance party!)

February 11, 9am: Special Saturday Morning Yoga with Charmaine, followed by a FREE Costa Rica Retreat Preview, tea, treats and conversation.

SERIES, WORKSHOPS OR SPECIAL CLASSES

Yoga 101: 4wk Series w/ Sarah, Saturdays Jan. 14 - Feb. 4, 10:30-11:30am, \$35.

Home-Practice Challenge Kick-off: January 9, 5:15pm & 7pm Yoga classes, \$10 or use Studio Pass.

Prenatal Yoga: 6wk Series w/Charmaine, Thurs. at 7pm, Jan. 12 - Feb. 16, \$54.

Family Yoga: 6wk Series; Fridays at 9:15am, starts Jan. 13, \$25.

Zumbatomic for Kids: 6wk Series; Saturdays at 2:15pm; starts Jan. 14, \$25.

Tai Chi: Meditation in Movement, January 21, 3-5pm w/ Teri McNamara, \$15.

Intro to Meditation: 8wk Series w/Amy; Fridays at 10:30am, starts Feb. 3, \$60.

(All series and workshops require pre-registration. Call, email or sign up at the studio. Pricing and descriptions available online.)