



Class Schedule – Winter 2009 | *Effective January 5, 2009*

Day/Time	Class	Level	Studio	Teacher
Monday				
9:30 - 10:30am	Pilates/Core Conditioning	All Levels	A	Betty
12:00 – 12:50pm	On The Ball	All Levels	A	Betty
5:45 – 7:00pm	TriYoga	All Levels	A	Phyllis
7:15 – 8:15pm	Pilates	All Levels	A	Cyndi
Tuesday				
9:30 - 11:00am	TriYoga Level 1	Beg./Int.	A	Phyllis
6:00 - 7:15pm	Power	Beg./Int.	A	Lisa
7:30 - 8:30pm	<i>*New to Yoga Series</i>	Beg.	B	Maureen
7:30 - 8:30pm	Power Basics	All Levels	A	Lisa
Wednesday				
9:30-10:30am	Vinyasa	All Levels	A	Diane
12:00 - 12:50pm	Pilates	All Levels	A	Betty
5:30 - 7:00pm	TriYoga Level 1	Beg./Int.	B	Bonnie
6:00 – 7:10pm	Vinyasa	All Levels	A	TBA
7:15 - 8:30pm	TriYoga	All Levels	B	Bonnie
7:15 -8:15pm	Pilates	All Levels	A	Betty
Thursday				
9:30-10:45am	Free The Hips & Spine	All Levels	A	Phyllis
6:00-7:15pm	Vinyasa	Int./Adv.	A	Maureen
6:30-7:30pm	Power Basics	All Levels	B	David
7:30-8:30pm	<i>*New to Yoga Series</i>	Beg.	A	Maureen
Friday				
9:30-10:45am	Vinyasa	All Levels	A	Maureen
12:00 - 12:50pm	Vinyasa	All Levels	A	Maureen
Saturday				
9:00 - 10:00am	Pilates	All Levels	A	Betty
9:15 – 10:30am	Vinyasa	All Levels	B	Diane
11:00 – 12:00pm	Vinyasa	All Levels	A	Maureen
Sunday				
9:00 - 10:15am	<i>*Prenatal Series</i>	Expecting Moms	B	Diane
9:15 - 10:15am	Power Basics	Beg.	A	Lisa/David
10:30–11:45am	Vinyasa	All Levels	A	Diane

***Series**

Receive \$20 off purchase of a 10-pk or 20-pk or \$25 off membership initiation fee after completion of series

New to Yoga: Four-Week Introductory Series (8 Classes).....\$112
 Tuesdays & Thursdays, 7:30-8:30pm, Join us for a new session the first Tuesday of each month

Prenatal Yoga: Four-Week Series.....\$65
 Sundays, 9:00-10:15am, Join us for a new session the first Sunday of each month *Sign up for 2... \$60*

*Pre-Registration is **required** for all yoga series. Minimum of 5 participants needed for any series to be held.*

Visit ryahyoga.com for Upcoming Workshops & Events!

This schedule may be subject to change. Please check our website for updates.



RYAH Membership

\$89/month Monthly Unlimited

Auto-Debit (60 Days Notice to Cancel)

Includes:

- Unlimited Monthly Classes
- 10% OFF Healing Arts & Nutrition
- 10% OFF Retail
- 10% OFF Events & Workshops
- Invitation to RYAH Member-Only Events
- Best Rate in Philadelphia Area!

**Initial One-Time Membership Start-Up Fee \$50*

Non-Membership

- Single Class..... \$ 16
- Seniors/Student \$ 12
- Ten Classes (exp. 4 mos.) \$ 139
- Twenty Classes (exp. 6 mos.) ...\$ 249
- 30 Days Unlimited..... \$ 119
- Intro Special for New Students**
- 2 Weeks Unlimited Yoga/Pilates Classes \$30

Private Sessions

Yoga, Pilates, Personal Training

1 \$85

5 \$375

10 \$ 730

3-Pk Intro Special

\$195

Class Descriptions

TriYoga – is dynamic as other styles of yoga, yet gentle on the body. Classes are multi-level, allowing you to start with **BASICS** – a gentle, restorative practice that includes awareness, relaxing and rejuvenating posture sequenced for a well-rounded practice. Pillows and props are used to ensure comfort. As desired, students progress to **LEVEL 1**, which builds upon the knowledge and strength developed in Basics. For **LEVEL 2** and higher levels students must have experience in the lower level. TriYoga classes create a deeply meditative state as emphasis is upon moving with synchronized body, and breath.

Vinyasa (Flow) – Yoga flows are invigorating. Postures are linked in a flow and provide some aerobic components, while also improving strength and coordination. While most RYAH Vinyasa classes are all levels we suggest that you have some degree of strength and endurance. Modifications will be given to accommodate all students.

Power Yoga – Be prepared to sweat! This is a dynamic yoga style that includes specific sequences designed to build strength and stamina. To gain familiarity with the postures we recommend that you start with **POWER BASICS**. Once you have familiarity with the basic postures you may wish to advance to **POWER** which is a flow class. Classes are held in a heated room.

Pilates – A system of movement and exercises that strengthen the muscles that support the spine...educates, re-patterns, realigns and brings balance into the body. Pilates strengthens the core area, improves posture, and spinal health.

Prenatal Yoga – Prepares the body for the trinity of pregnancy, labor and delivery. The postures are gentle on the body and at the same time develop flexibility and strength. The practice helps to tone the pelvic region, open the hips, and strengthen the back, as well as, improve respiration, and aid relaxation.

On the Ball – A Core Conditioning class using the Stability Ball and Mini-Ball. Challenge your powerhouse, increase your strength, and add variety by using these tools to perform mat Pilates, core, and strength exercises.

Not everyone likes vanilla soy ice cream....that's why we offer different styles of yoga and Pilates. Try all our RYAH classes and see what makes your heart sing!

Class cards are non-refundable, and non-transferable. 10 Class Cards expire (4) months from date of purchase; 20 class cards expire (6) months from purchase. All class cards can be rolled over after expiration with purchase of a new class card; extensions may be granted for medical reasons supported by a doctor's note. Classes are taught by independent instructors who are not employees of RYAH. Class times, instructors, and rates are subject to change. Please visit our website for biographies of instructors, special classes, and more.

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