



www.yogaeast.org



December 2018 Schedule

Yoga East Membership (\$96 auto-debit)
includes ALL classes on the schedule.

- ★ G - Level 1 & 1-2 recommended for NEW students.
- ✗ Level 2 - 3-4 NOT for beginners or students with injuries.

Classes are 75 minutes unless noted.

EAST END STUDIO		
2226 Holiday Manor Shopping Center 40222		
Phone/Text Catherine 502 424 5554		
Monday		
9:30-10:30 am	★\$10 Chair Yoga Hour G	Catherine Followell
9:30-10:45 am	✗Yoga Flow 2	Christiane Tawfik
11:00-12:15 pm	★Gentle Yoga G	Tricia Nelson
4:30-6:00 pm	★Sivananda Yoga 1-2	Susan Reid
6:00-7:15 pm	★Hatha Yoga 1-2	Anne Kosko
6:15-7:15 pm	Kettlebells for Yoga	Steven McGuire
Tuesday		
9:30-10:45 am	✗Yoga Flow 2	Kara Price
11:00-12:15 pm	★Hatha Yoga 1	Kara Price
5:00-6:00 pm	Pilates Mat Class	Kara Price
6:15-7:30 pm	✗Yoga Flow 2	Kara Price
Wednesday		
9:30-10:30 am	★\$10 Chair Yoga Hour G	Catherine Followell
9:30-10:45 am	★Hatha Yoga 1-2	Anne Kosko
11:00-12:15 pm	★Gentle Yoga G	Anne Kosko
4:30-5:45 pm	✗Yoga Flow 2	Emily Smith
6:00-7:15 pm	★Hatha Yoga 1	Denise Ford
6:00-7:15 pm	✗Yoga Flow 2	Jamie Turner
Thursday		
9:30-10:45 am	✗Yoga Flow 2	Catherine Followell
11:00-12:15 pm	★Gentle Yoga G	Becky Thompson
5:00-6:00 pm	Pilates Mat Class	Kara Price
6:15-7:30 pm	✗Yoga Flow 2	Kara Price
Friday		
9:30-10:45 am	★Hatha Yoga 1-2	Anne Borders
11:00-12:15 pm	★Gentle Yoga G	Anne Borders
6:00-7:15 pm	★\$10 Community Yoga 1-2	Susan Rudy
Saturday		
10:00-11:15 am	★Hatha Yoga 1-2	Paul Long
11:30 a-12:30 p	★\$10 Pranayama Hour	Paul Long
Sunday		
10:00-11:15 am	★Hatha Yoga 1-2	Anne Kosko
2:00-3:15 pm	★Hatha Yoga 1-2	Gul Marshall

Our lease at the Wiltshire Avenue location has ended. Many classes have been moved from here to one of the other studios. Remaining classes on the schedule will either be moved or cancelled starting JAN 1, 2019. The last classes will be held on Saturday, DEC 22, 2018.

Thank you for a great six years here!

ST MATTHEWS STUDIO		
115 Wiltshire Avenue 40207		
Phone/Text Susan 502 523 8020		
Monday		
10:00-11:15 am	★Gentle Yoga G	Anne Kosko
6:15-7:30 pm	★\$10 Bountiful Body Yoga 1	Candis Hanson
Tuesday		
10:00-11:15 am	★Hatha Yoga 1-2	Becky Thompson
6:00-7:15 pm	✗Yoga Flow 3-4	Shaali Singogo
Wednesday		
10:00-11:30 am	★Hatha Yoga 1-2	Kelli McAllister
6:15-7:30 pm	★Gentle Yoga G	Carol Mooney
Thursday		
10:00-11:15 am	★Hatha Yoga 1-2	Susan Reid
Friday		
10:00-11:15 am	✗Core Strength Yoga 2	Brian Andriot
12:00-1:15 pm	★\$10 Gentle Yoga G	Trish Barrett
Saturday		
9:45-11:15 am	★Sivananda Yoga 1-2	Susan Reid
11:30 a-12:45 p	★Hatha Yoga 1	Erin Kinnetz
Sunday		
9:45-11:00 am	✗Core Strength Yoga 2	Susan Reid
12:00-1:15 pm	★\$10 Beginning Yoga 1	Steven McGuire
DOWNLOAD THE YOGA EAST APP FROM THE APP STORE & GOOGLE PLAY. REGISTER FOR CLASS - GET SPECIAL OFFERS!		

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HIGHLANDS STUDIO		
1125 E Kentucky Street 40204		
Phone (No text) 502 822 3427		
Monday		
5:45-7:00 am	★Ashtanga (Mysore) 1-2-3	Laura / Alex
7:00-8:15 am	★Ashtanga (Mysore) 1-2-3	Laura / Erin
11:00-12:15 pm	★Hatha Yoga 1-2	Brian Andriot
6:00-7:15 pm	★Hatha Yoga 1-2	Allison Longino
Tuesday		
5:45-7:00 am	★Ashtanga (Mysore) 1-2-3	Laura / Catherine
7:00-8:15 am	★Ashtanga (Mysore) 1-2-3	Laura / Niki
6:00-7:15 pm	★Hatha Yoga 1-2	Anne Borders
Wednesday		
5:45-7:00 am	★Ashtanga (Mysore) 1-2-3	Laura / Erin
7:00-8:15 am	★Ashtanga (Mysore) 1-2-3	Laura / Alex
11:00-12:15 pm	★\$5 Gentle Yoga G	LeRoy Chittenden
6:00-7:15 pm	★Hatha Yoga 1-2	Brian Andriot
Thursday		
5:45-7:00 am	★Ashtanga (Mysore) 1-2-3	Laura / Erin
7:00-8:15 am	★Ashtanga (Mysore) 1-2-3	Laura / Gail
4:30-5:45 pm	✗Yoga Flow 2	Paul Long
6:00-7:15 pm	★Hatha Yoga 1-2	Paul Long
Friday		
6:00-7:15 am	✗Ashtanga Yoga Led 2-3	Erin Cronin
4:00-5:15 pm	✗Ashtanga Yoga 2-3	Alex Turner
6:30-7:45 pm	✗Yoga Flow 2	Amy DeFigueiredo
Saturday		
10:30-11:45 am	★Hatha Yoga 1-2	Kim Eisner
12:00-1:00 pm	Kettlebells for Yoga	Steven McGuire
1:15-2:30 pm	★Hatha Yoga 1 (AYP)	Richard Applegate
Sunday		
7:30-9:00 am	✗Ashtanga Yoga Led 2-3	Laura, Catherine, Alex, Caroline, Niki
10:30-11:45 am	✗Beginning Ashtanga 2	Caroline Heine
4:00-5:15 pm	★\$10 Metal Yoga 1-2	Allison Longino

Classes are subject to change without notice. Check our website for the current schedule, studio desk hours, and special classes and workshops - www.yogaeast.org