



www.yogaeast.org



### November 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		
<b>Monday</b>		
9:30-10:30 am	★\$10 Chair Yoga Hour <b>G</b>	Catherine Followell
9:30-10:45 am	★Hatha Yoga <b>1-2</b>	Christiane Tawfik
11:00-12:15 pm	★Gentle Yoga <b>G</b>	Tricia Nelson
6:00-7:15 pm	★Hatha Yoga <b>1-2</b>	Anne Kosko
6:00-7:15 pm	★Prenatal Yoga <b>1</b>	Nikki Wolf
<b>Tuesday</b>		
9:30-10:45 am	✗Yoga Flow <b>2</b>	Kara Price
11:00-12:15 pm	★Hatha Yoga <b>1</b>	Kara Price
4:30-5:45 pm	✗Yoga Flow <b>2</b>	Paul Long
6:00-7:15 pm	★Hatha Yoga <b>1-2</b>	Paul Long
<b>Wednesday</b>		
9:30-10:30 am	★\$10 Chair Yoga Hour <b>G</b>	Catherine Followell
9:30-10:45 am	★Hatha Yoga <b>1-2</b>	Anne Kosko
11:00-12:15 pm	★Gentle Yoga <b>G</b>	Anne Kosko
6:00-7:15 pm	✗Yoga Flow <b>1-2</b>	Jamie Turner
6:00-7:15 pm	Kettlebells for Yoga	Steven McGuire
<b>Thursday</b>		
9:30-10:45 am	✗Yoga Flow <b>2</b>	Catherine Followell
11:00-12:15 pm	★Gentle Yoga <b>G</b>	Becky Thompson
6:00-7:30 pm	★Sivananda Yoga <b>1-2</b>	Susan Reid
<b>Friday</b>		
9:30-10:45 am	★Hatha Yoga <b>1-2</b>	Anne Borders
11:00-12:15 pm	★Gentle Yoga <b>G</b>	Anne Borders
6:00-7:15 pm	★\$10 Community Yoga <b>1-2</b>	Susan Rudy
<b>Saturday</b>		
10:00-11:15 am	★Hatha Yoga <b>1-2</b>	Paul Long
11:30 a-12:30 p	★\$10 Pranayama Hour	Paul Long
12:00-1:15 pm	✗\$10 Yoga Flow <b>1-2</b>	Doug Van Houten
<b>Sunday</b>		
10:00-11:15 am	★Hatha Yoga <b>1-2</b>	Anne Kosko
2:00-3:15 pm	★Hatha Yoga <b>1-2</b>	Gul Marshall

ST MATTHEWS STUDIO 115 Wiltshire Avenue 40207 Phone/Text Susan 502 523 8020		
<b>Monday</b>		
10:00-11:15 am	★Gentle Yoga <b>G</b>	Anne Kosko
6:00-7:30 pm	★Sivananda Yoga <b>1-2</b>	Susan Reid
6:15-7:30 pm	★\$10 Bountiful Body Yoga <b>1</b>	Candis Hanson
<b>Tuesday</b>		
10:00-11:15 am	★Hatha Yoga <b>1-2</b>	Becky Thompson
5:00-6:15 pm	✗Yoga Flow <b>1-2</b>	Kara Price
6:30-7:30 pm	Pilates Mat Class	Kara Price
6:30-7:45 pm	✗Advanced Yoga <b>3-4</b>	Shaali Singogo
<b>Wednesday</b>		
10:00-11:30 am	★Sivananda Yoga <b>1-2</b>	Kelli McAllister
4:30-5:45 pm	✗Yoga Flow <b>1-2</b>	Emily Smith
6:15-7:30 pm	★Gentle Yoga <b>G</b>	Carol Mooney
6:15-7:30 pm	★Hatha Yoga <b>1-2</b>	Denise Ford
<b>Thursday</b>		
10:00-11:15 am	★Hatha Yoga <b>1-2</b>	Susan Reid
5:00-6:15 pm	✗Yoga Flow <b>1-2</b>	Kara Price
6:30-7:30 pm	Pilates Mat Class	Kara Price
<b>Friday</b>		
10:00-11:15 am	✗Core Strength Yoga <b>2</b>	Brian Andriot
12:00-1:15 pm	★\$10 Gentle Yoga <b>G</b>	Trish Barrett
4:00-5:15 pm	✗Ashtanga Yoga <b>2-3</b>	Kate Mattingly
6:30-7:45 pm	✗Yoga Flow <b>1-2</b>	Amy DeFigueiredo
<b>Saturday</b>		
9:45-11:15 am	★Sivananda Yoga <b>1-2</b>	Susan Reid
11:30 a-12:45 p	★Hatha Yoga <b>1</b>	Erin Kinnetz
<b>Sunday</b>		
9:45-11:00 am	✗Core Strength Yoga <b>2</b>	Susan Reid
12:00-1:15 pm	★\$10 Beginning Yoga <b>1</b>	Steven McGuire
<b>DOWNLOAD THE YOGA EAST APP FROM THE APP STORE &amp; GOOGLE PLAY. REGISTER FOR CLASS - GET SPECIAL OFFERS!</b>		

HIGHLANDS STUDIO 1125 E Kentucky Street 40204 Phone (No text) Laura 502 585 9642		
<b>Monday</b>		
5:45-7:00 am	Ashtanga (Mysore) <b>1-2-3</b>	Alex Turner
7:00-8:15 am	Ashtanga (Mysore) <b>1-2-3</b>	Erin Cronin
11:00-12:15 pm	★Hatha Yoga <b>1-2</b>	Brian Andriot
6:00-7:15 pm	★Hatha Yoga <b>1-2</b>	Allison Longino
<b>Tuesday</b>		
5:45-7:00 am	Ashtanga (Mysore) <b>1-2-3</b>	Catherine Followell
7:00-8:15 am	Ashtanga (Mysore) <b>1-2-3</b>	Niki Parsons
6:00-7:15 pm	★Hatha Yoga <b>1-2</b>	Anne Borders
<b>Wednesday</b>		
5:45-7:00 am	Ashtanga (Mysore) <b>1-2-3</b>	Erin Cronin
7:00-8:15 am	Ashtanga (Mysore) <b>1-2-3</b>	Alex Turner
11:00-12:15 pm	★\$5 Gentle Yoga <b>G</b>	LeRoy Chittenden
6:00-7:15 pm	★Hatha Yoga <b>1-2</b>	Brian Andriot
<b>Thursday</b>		
5:45-7:00 am	Ashtanga (Mysore) <b>1-2-3</b>	Erin Cronin
7:00-8:15 am	Ashtanga (Mysore) <b>1-2-3</b>	Gail Minotti
4:30-5:45 pm	✗Yoga Flow <b>2</b>	Paul Long
6:00-7:15 pm	★Hatha Yoga <b>1-2</b>	Paul Long
<b>Friday</b>		
6:00-7:15 am	✗Ashtanga Yoga Led <b>2-3</b>	Erin Cronin
<b>Saturday</b>		
10:30-11:45 am	★Hatha Yoga <b>1-2</b>	Kim Eisner
12:00-1:00 pm	Kettlebells for Yoga	Steven McGuire
1:15-2:30 pm	★Hatha Yoga <b>1</b> (AYP)	Richard Applegate
<b>Sunday</b>		
7:30-9:00 am	✗Ashtanga Yoga Led <b>2-3</b>	Mysore Staff
10:30-11:45 am	✗Beginning Ashtanga <b>2</b>	Caroline Heine
1:00-2:15 pm	★Free Intro to Yoga <b>1</b>	New Teachers
4:00-5:15 pm	★Metal Yoga (Donation) <b>1-2</b>	Allison Longino

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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](http://www.yogaeast.org)