



www.yogaeast.org



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

★ = G - Level 1-2 recommended for NEW students.

✗ = Level 2 - 4 NOT for beginners or students with injuries.

Classes are 75 minutes unless noted.

January-February 2019 Schedule

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	Karen Sorgel
9:30-10:45 am	★Hatha Yoga 1-2	Christiane Tawfik
11:00-12:15 pm	★Gentle Yoga G	Tricia Nelson
4:30-5:45 pm	✗Core Strength Yoga 2	Susan Reid
6:00-7:15 pm	★Hatha Yoga 1-2	Anne Kosko
6:00-7:30 pm	★Sivananda Yoga 1-2	Susan Reid
Tuesday		
9:30-10:45 am	✗Yoga Flow 2	Kara Price
9:30-10:45 am	★Hatha Yoga 1-2	Becky Thompson
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	★Hatha Yoga 1-2	Laura Spaulding
6:15-7:30 pm	✗Yoga Flow 2	Kara Price
Wednesday		
9:30-10:30 am	★\$10 Chair Yoga Hour G	Marcia / Renée / Susan
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	✗Core Strength Yoga 2	Susan Reid
9:30-10:45 am	★Hatha Yoga 1-2	Brian Andriot
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	★Hatha Yoga 1-2	Susan Reid
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		
9:45-11:15 am	★Sivananda Yoga 2	Susan Reid
10:00-11:15 am	★Hatha Yoga 1-2	Paul Long
11:30-12:30 pm	Pranayama & Meditation	Paul Long
11:30-12:45 pm	★Hatha Yoga 1	Erin Kinnetz
Sunday		
10:00-11:15 am	✗Core Strength Yoga 2	Susan Reid
10:00-11:15 am	★Hatha Yoga 1-2	Anne Kosko
11:30-12:30 pm	Kettlebells for Yoga	Steven McGuire
1:00-2:15 pm	★\$10 Beginning Yoga 1	Steven McGuire
2:00-3:15 pm	★Hatha Yoga 1-2	Gul Marshall

HIGHLANDS STUDIO 1125 E Kentucky Street 40204 Phone (No text) 502 822 3427		
Monday		
5:45-8:15 am	★Ashtanga (Mysore) 1-2-3	Laura Spaulding w/ Alex Turner
10:30-11:45 am	★Hatha Yoga 1-2	Anne Kosko
6:00-7:15 pm	★\$10 Bountiful Body Yoga 1	Candis Hanson
6:00-7:15 pm	★Hatha Yoga 1-2	Allison Longino
Tuesday		
5:45-8:15 am	★Ashtanga (Mysore) 1-2-3	Karen Cairns w/ Caroline Heine
10:30-11:45 am	★Hatha Yoga 1-2	Laura Spaulding
6:00-7:15 pm	★\$10 Gentle Yoga G	Carol Mooney
6:00-7:15 pm	★Hatha Yoga 1-2	Anne Borders
Wednesday		
5:45-8:15 am	★Ashtanga (Mysore) 1-2-3	Erin Cronin w/ Gail Minotti
11:00-12:15 pm	★\$5 Gentle Yoga G	LeRoy Chittenden
6:00-7:15 pm	★Hatha Yoga 1-2	Brian Andriot
6:00-7:15 pm	✗Yoga Flow 3-4	Shaali Singogo
Thursday		
5:45-8:15 am	★Ashtanga (Mysore) 1-2-3	Laura Spaulding w/ Erin Cronin
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 (Mysore) Led 2-3	Erin Cronin
12:00-1:15 pm	★\$10 Gentle Yoga G	Trish Barrett
4:00-5:15 pm	✗Ashtanga Yoga 2-3	Kate Mattingly
5:30-6:30 pm	♥ Heart of Yoga (Yoga Sutras)	Laura Spaulding
6:45-8:00 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 (Mysore) Led 2-3	Mysore Staff
9:15-10:15 am	The Radiance Sutras (300 Hr)	Laura Spaulding
10:30-11:45 am	★Prenatal Yoga 1	Kathleen Elsherif
10:30-11:45 am	✗Beginning Ashtanga 2	Caroline Heine
1:00-2:15 pm	★\$5 Beginning Yoga 1	Laura Spaulding/Aaron
4:00-5:15 pm	★\$10 Metal Yoga 1-2	Allison Longino

Ashtanga (Mysore) Requires YE Membership. Must finish by 8:15 am!
Classes are subject to change without notice. See our website for the current schedule, weather cancellations, studio desk hours, and special classes and workshops - www.yogaeast.org.