



# Sage Yoga Studio Winter

Armonk - Effective January 9, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:00am</b> Men's Yoga Susan R. 1-2	<b>7:15am</b> Hatha Yoga Liz S. 1-2-3		<b>6:30am</b> Sage Yoga Laurie L. 1-2-3	<b>7:00am</b> Men's Yoga Kate B. 1-2		
<b>8:15am</b> Sage Yoga Diane R. 1-2	<b>8:30am</b> Pilates w/ Props Mary T. 1-2-3	<b>8:15am</b> Sage Yoga Roey F. 1-2-3	<b>8:15am</b> Sage Yoga Roey F. 1-2-3 <b>75 min</b>	<b>8:15am</b> Sage Yoga Laurie L. 1-2 <b>75 min</b>	<b>8:00am</b> Beginner Yoga for Athletes Susan J. 1-2	<b>8:30am</b> Sage Yoga Susan R. 2-3 <b>75 min</b>
<b>9:30am</b> Sage Yoga Susan R. 2-3 <b>90 min</b>	<b>9:45am</b> Sage Yoga Denise M. 1-2-3 <b>90 min</b>	<b>9:30am</b> Sage Yoga Susan R. 2-3 <b>90 min</b>	<b>9:45am</b> Beginner Yoga for Athletes Denise M. 1-2	<b>9:45am</b> Sage Yoga Wendy B. 1-2-3 <b>90 min</b>	<b>9:10am</b> Sage Yoga Susan J. 2-3 <b>80 min</b>	<b>10:00am</b> Core Method* Rhonda H. 1-2-3
<b>11:30am</b> Sage Yoga Diane R. 1-2	<b>11:30am</b> Gentle Yoga Laurie L. 1-2	<b>11:30am</b> Beginner Yoga Helena M. 1 <b>75 min</b>		<b>11:30am</b> Gentle Yoga Wendy B. 1-2	<b>10:40am</b> Sage Yoga Courtney B. 1-2-3 <b>80 min</b>	<b>11:05am</b> Sage Yoga Laurie L. 1-2-3 <b>75 min</b>
			<b>12:30pm</b> The Practice Susan R/Wendy B. 2-3 120 min		<b>THE GYM, Armonk</b> 99 Business Park Drive Armonk NY, 10504 (914) 219-1601 <a href="http://www.GetToTheGym.com">www.GetToTheGym.com</a> <b>Club Hours:</b> Monday - Thursday 5:00am - 10:00pm Friday: 5:00am - 9:00pm Saturday: 6:00am - 5:00pm Sunday: 7:00am - 4:00pm <b>Child Care Hours:</b> Sunday - Friday 8:00am - 1:30pm Saturday: 7:30am - 1:30pm Monday- Thursday: 3:00pm - 7:30pm <b>Class Levels:</b> Level 1 = Beginner Level 2 = Intermediate Level 3 = Advanced SUB HOTLINE: (914) 219-1604	
<b>4:00pm</b> Sage Yoga Susan R. 1-2-3 <b>75 min</b>	<b>4:00pm</b> Sage Yoga Wendy B. 1-2-3 <b>75 min</b>	<b>5:30pm</b> Hatha Yoga Dorothy G. 1-2-3 <b>75 min</b>	<b>4:00pm</b> Sage Yoga Kathleen B. 1-2-3 <b>90 min</b>			
<b>6:00pm</b> Sage Yoga Courtney B. 1-2-3 <b>75 min</b>	<b>6:00pm</b> Beginner Yoga for Athletes Wendy B. 1-2	<b>7:15pm</b> Sage Yoga Susan J. 1-2-3 <b>75 min</b>	<b>6:00pm</b> Beginner Yoga for Athletes Dorothy G. 1-2 <b>75 min</b>			

# Sage Yoga at THE GYM

Welcome to Sage Yoga at THE GYM, a Yoga Studio within a beautiful health club. The instructors of Sage Yoga at THE GYM are well trained to make your Yoga experience fun, dynamic and safe. Sage Yoga is a physically challenging style of Yoga. There are different class levels to help you choose the best classes for your needs.

## **Beginner:**

Teaches alignment for basic postures and is appropriate for new students.

## **Level 1:**

Beginner level for those new to yoga or those who like a slower approach.

## **Level 1-2:**

Faster-paced class for strength-building, endurance and flexibility.

## **Level 2-3:**

Assumes awareness of alignment for basic postures and the ability to do backbends and inversions (Intermediate – Advanced).

## **Vinyasa**

Flowing postures with the breath (Best for level 1+, 2 or 3).

## **Teacher Practice**

For those students with a strong knowledge of Yoga, join the teachers for an open practice. If you are uncertain if this is appropriate for you, please contact Susan Rubin. This class is complimentary to all yoga teachers.

## **THANK YOU,**

For arriving to class on time and not walking barefoot around the facility.

Private Yoga is available for all levels. Please contact Susan Rubin for teacher contact information at [Sageyoga@aol.com](mailto:Sageyoga@aol.com) or 914-393-6517.



**SUB HOTLINE NUMBER 914-261-1604**