

WINTER 2012 UNLIMITED Yoga!

Mail a check to:

Milwaukee Yoga Center, P.O. Box 11113, Milwaukee, WI 53211

Session price will be pro-rated

for new members who start after January 1, 2012.

UNLIMITED CLASSES

SAVE **45%**
Over Member
Drop-in Prices!

\$375

2 Classes per week

SAVE **30%**
Over Member
Drop-in Prices!

\$300

1 Class per week

SAVE **20%**
Over Member
Drop-in Prices!

\$180

Register now for unlimited yoga classes. Take as many classes as you wish during December, January and February for \$375. Or, register for one or two classes per week and save! See registration form below.

Name _____

Address _____

Phone (Home) _____ (Work) _____

E-mail _____

MEMBERSHIP \$ _____

TOTAL ENCLOSED \$ _____

Intro Yoga



4 intro classes for \$60.

Day _____ Time _____ Month _____

MYC Weekly Classes

(To receive session discounts,
students must be a member)

UNLIMITED classes (\$375 for 3-month session)

2 classes per week (\$300 for 3-month session)

I am a member. Please register me for 2 classes per week.

Day _____ Time _____ Class _____

Day _____ Time _____ Class _____

1 class per week (\$180 for 3-month session)

I am a member. Please register me for 1 class per week.

Day _____ Time _____ Class _____

1 class per week for seniors (65+) (\$150)

I am a member. Please register me for 1 class per week.

Day _____ Time _____ Class _____

DROP-IN PRICES

- Non-members \$20
- Members \$17
- Full-time high school and college students \$10

Membership: *Intro students already receive a class discount and do not need to be members.*

All other students who wish to receive the discounted session rates need to be members.

Annual membership: Senior (65+) \$35, Individual \$50, Family \$75, MYC Friend \$100.

To register: Pre-register online with your credit card. Online registration closes December 3, 2011. Or make checks payable to Milwaukee Yoga Center. Mail payment and registration form to Milwaukee Yoga Center, P.O. Box 11113, Milwaukee, WI 53211.

Make-up Policy: Missed classes may be made up during the same session if space allows. Classes are non-transferable and may not be carried over to a new session. Intro classes need to be made up within the same month.

Refund Policy: *No refunds after start of session.* All on-going classes need to be completed by Feb. 26, 2012. Intro classes must be completed within month started.

Drop-in Policy: Drop-ins are permitted, at the discretion of the instructor and if space is available.

All members pay \$17 per drop-in class. Non-members pay \$20 per drop-in class. Full-time high school and college students pay \$10 per class.

Prenatals: Prenatal students can only attend the prenatal/women's class. We are not offering this class over the winter due to low enrollments. Pregnant students cannot attend regular classes. Students can return to regular classes 8 weeks after delivery and 6 months after a Cesarean. Please call 414-332-3551 if you are interested in a spring prenatal class.

For winter weather closings,
check our Facebook page
or call 414-332-3551.

MYC Introductory Class Schedule

The Milwaukee Yoga Center offers a special series of 4 classes designed for students new to yoga or new to the Iyengar method. The series of Intro classes begins every month. Classes are 90 minutes long. The cost of the 4-class package is \$60. If a student misses a class, they can make it up in one of the other Intro classes during the month if there is space available.

In the intro classes, a student learns the fundamental poses and principles of alignment. In the beginning, the Iyengar yoga method emphasizes standing poses, which develop posture, strength, stability, stamina and concentration.

Register online or call 414-332-3551 to confirm your space in the class.



December \$60

MONDAY 7:30 pm Dec. 5, 12, 19, 26
 WEDNESDAY 5:30 pm Dec. 7, 14, 21, 28
 FRIDAY 10:30 am Dec. 2, 9, 16, 23
 SATURDAY 12:30 pm Dec. 3, 10, 17 **\$45**

January \$60

MONDAY 7:30 pm Jan. 9, 16, 23, 30
 WEDNESDAY 5:30 pm Jan. 4, 11, 18, 25
 FRIDAY 10:30 am Jan. 6, 13, 20, 27
 SATURDAY 12:30 pm Jan. 7, 14, 21, 28

February \$60

MONDAY 7:30 pm Feb. 6, 13, 20, 27
 WEDNESDAY 5:30 pm Feb. 1, 8, 15, 22
 FRIDAY 10:30 am Feb. 3, 10, 17, 24
 SATURDAY 12:30 pm Feb. 4, 11, 18, 25

MYC Winter Schedule November 27 - February 26, 2012

Day	Time	Level	Instructor
SUNDAY	9:30 - 11:00 am	1-2	Meredith
	4:30 - 6:00 pm	2-3	Kathleen
MONDAY	5:30 - 7:00 pm	3	Susan
	5:30 - 7:00 pm	2	Linda
	7:30 - 9:00 pm	Athletes	Susan
	7:30 - 9:00 pm	Intro	Linda
TUESDAY	8:30 - 10:00 am	1	Karen
	8:30 - 10:00 am	2-3	Tracey
	10:30 am - 12:00 pm	1-2	Karen
	5:30 - 7:00 pm	1-2	Linda
	7:30 - 9:00 pm	1	Linda
WEDNESDAY	9:30 - 10:30 am	**SRC Seniors	Meredith
	5:30 - 7:00 pm	Intro	Karen
	5:30 - 7:00 pm	3	Susan
	7:30 - 9:00 pm	2-3	Tracey
	7:30 - 9:00 pm	***Just Guys Yoga	Susan
THURSDAY	5:30 - 7:00 pm	1	Karen
	5:30 - 7:00 pm	*Building Strength & Stamina	Susan
	7:15 - 9:00 pm	3-4	Susan
FRIDAY	8:30 - 10:00 am	2	Karen
	10:30 am - 12:00 pm	Intro	Karen
	10:30 - 11:30 am	**SRC Seniors	Meredith
	1:30 - 3:00 pm	Parkinson's	Susan
SATURDAY	8:30 - 10:00 am	2	Linda
	8:30 - 10:00 am	3	Susan
	10:30 am - 12:00 pm	1	Linda
	10:30 am - 12:00 pm	1-2	Karen
	12:30 - 2:00 pm	Intro	Karen

***Building Strength & Stamina Class focuses on standing poses. Not for beginners. Students need to have completed at least 1 session of Level 1-2.**

****SRC Seniors classes: \$5 per class. Please pay your instructor.**

*****Just Guys Yoga: 4-class series for guys who aren't sure if they want to do yoga, but know they need to do something. Enjoy the camaraderie! Mastery loves company. See how yoga poses tailored for you can help you maintain and boost your vitality. Class meets February 8, 15, 22, 29. \$60.**

Call: 414-332-3551

Email: myc@yogacenter.cc

or visit us at: www.yogacenter.cc

3514 N. Oakland Ave.

2 yoga studios in one location!

