

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:30 Vinyasa / open Julia	9:00-10:30 Vinyasa / open Nikki	9:00 - 10:30 Vinyasa / open Julia	9:00 - 10:30 Vinyasa / open Nikki	9:00 - 10:30 Vinyasa / open Julia	9:15-10:45 Vinyasa / open Maggie	9:15-10:45 Hatha / basic Ali
10:15-11:45 Hatha / basic Laurel	10:45-12:15 Vinyasa / basic Nikki	10:15-11:45 Hatha / basic Maggie	10:45-12:15 Vinyasa / basic Nikki	10:15-11:45 Hatha / basic Erika	10:00-11:30 Hatha / basic Amanda	9:45-11:15 Vinyasa / open Mary Dana
10:45-12:15 Parent/Baby Yoga Julia	12:30-2:00 Hatha / basic Mary	10:45-12:15 Pre-natal Yoga Julia	12:30-2:00 Hatha / basic Mary	10:45-12:15 Parent/Baby Yoga Julia	11:00-12:30 Hatha / basic Maggie	11:00-12:30 Vinyasa / open Laurel
12:00-1:30 Vinyasa / open Laurel	2:15-3:45 Vinyasa / open April	12:00-1:30 Vinyasa / open Maggie	2:15-3:45 Vinyasa / open Danielle	12:00-1:30 Vinyasa / open Erika	12:00-1:30 Vinyasa / open Amanda	11:30-1:00 Hatha / basic Mary Dana
2:15-3:45 Hatha / basic Mary Dana	Mats for sale \$30. We recommend not buying slippery mats. 4:30-6:00	2:15-3:45 Hatha / basic Amanda	4:30-6:00 Hatha / basic Danielle	2:15-3:45 Hatha / basic Tina	12:45-2:15 Vinyasa / open April	12:45-2:15 Pre-natal Yoga Julia
4:00-5:30 Vinyasa / open Mary Dana	4:30-6:00 Hatha / basic Oceana	4:00-5:30 Vinyasa / open Amanda	6:15-7:45 Vinyasa / open April	4:00-5:30 Vinyasa / open Tina	2:30-4:00 Hatha / basic April	1:15 - 2:45pm Vinyasa / open Laurel
5:30-7:00 Vinyasa / open Amanda	6:15-7:45 Vinyasa / open Oceana	6:15-7:45 Hatha / basic Mary Dana	8:00-9:30 Hatha / basic April	6:15-7:45 Vinyasa / open Maggie	4:15-5:45 Vinyasa / open Tina	2:30-4:00 Gentle Yoga Julia
6:15-7:45 Hatha / basic Danielle	8:00-9:30 Hatha / basic Ali	8:00-9:30 Vinyasa / open Mary Dana	"Open" means it's a challenging class	8:00-9:30 Hatha / basic Maggie	5:50-7:20 Hatha / open Tina	3:00 - 4:30 Hatha / basic Erika
7:15-8:45 Hatha / basic Amanda		VINYASA YOGA Flowing, dynamic style of yoga with special attention to alignment and breath.	HATHA YOGA Focuses on the physical body through postures and breath, staying in the poses.	PARENT/BABY YOGA Postpartum parents, babies 3 weeks to 18 months.		4:45-6:15 Vinyasa / open Erika
8:00-9:30 Vinyasa / open Danielle				PRE-NATAL Taught by teachers certified in Pre-Natal Yoga, for any trimester		6:00 - 7:30 Vinyasa Yoga Slow Flow Danielle



YOGA
2744 Broadway
between 105th and 106th
LifeInMotion.com
212-666-0870

**Studio Rentals
are
available**

**This Schedule is
Effective
October 1st**



**250 WEST
106TH STREET**
Fitness Room Hours
Monday - Thursday
6:15am - 10:00pm
Friday
6:15am - 9:00pm
Saturday & Sunday
8:15am - 8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:15 Body Sculpting Jessica	7:00 - 8:00 Boot Camp Jason	9:15 - 10:15 NIA Yvonne	7:00 - 8:00 Boot Camp Jason	9:15 - 10:15 NIA Yvonne	9:00 - 10:15 PILATES Jeanette	9:00 - 10:00 NIA Serena
10:15 - 11:45 Hatha Yoga basic at Yoga Center	9:15 - 10:15 Power NIA Serena	10:30 - 11:45 Body Sculpting Tammy	9:45 - 10:55 PILATES Jeanette	10:30 - 11:30am Body Sculpting Amy	10:20 - 11:20 Hi/Lo Aerobics Tom	10:00 - 11:00 Body Logos Tammy
10:30 - 11:30 JESSICA'S BLT Jessica	10:30 - 11:40 PILATES advanced Jeanette	CLASSES AND INSTRUCTORS SUBJECT TO CHANGE WITHOUT NOTICE	11:00 - 12:15 PILATES advanced Jeanette	12:00 - 1:10 PILATES Julia	11:25 - 12:25 Body Sculpting Tom	11:10 - 12:10 Shar-Qi Belly Dance Jindra
12:00 - 1:00 NIA Yvonne	12:00 - 1:10 PILATES Jeanette	4:00 - 5:15 PILATES Phoebe	12:20 - 1:20 JESSICA'S BLT Jessica	2:15 - 3:45 Hatha Yoga basic at Yoga Center	12:30 - 1:40 PILATES Jeanette	12:20 - 1:20 Cardio Pump Daria
2:45 - 4:00 PILATES Julia	2:15 - 3:45 Vinyasa Yoga open at Yoga Center	4:00 - 5:30 Vinyasa Yoga open at Yoga Center	2:45 - 4:00 PILATES Julia	4:00 - 5:10 PILATES Phoebe	1:45 - 2:45 Boxing Techniques Alfred	1:15 - 2:45 Vinyasa Yoga open at Yoga Center
5:30 - 6:35 PILATES Julia	6:15 - 7:00 Step Boot Camp Lou	5:30 - 6:30 Body Sculpting Jessica	4:30 - 5:30 NIA Serena	6:30 - 7:30 Boot Camp Jason	3:00 - 4:10 PILATES Jon	1:30 - 2:40 PILATES Fusion Phoebe
6:15 - 7:45 Hatha Yoga basic at Yoga Center	7:05 - 8:05 Body Sculpting Lou	6:40 - 7:40 Extreme Fat Burner Jessica	6:30 - 7:30 Zumba Sue	On the third week of every month there will be a workshop during this time.	4:15 - 5:15 Street Zumba HIP-HOP Lauren	3:00 - 4:00 Zumba Lauren
6:40 - 7:40 Shadow Box Mario	8:10 - 9:10 PILATES Colleen	7:45 - 9:00 PILATES Fusion Phoebe	7:35 - 8:35 Turbo Kick Boxing Sue		5:50 - 7:15 Hatha Yoga open at Yoga Center	4:30 - 5:45 PILATES Phoebe
7:45 - 9:00 PILATES Jon	Class cards and Life In Motion Memberships are good at Life in Motion, Body Strength Fitness, Namaste Yoga Center, and Brooklyn's Park Slope Yoga, and Devi.					6:00 - 7:30 Vinyasa Yoga Slow Flow Danielle

Class Descriptions

**Life in Motion, Body Strength Fitness, and Namaste
has a NO LATENESS POLICY:
There is no entry once class has started.**

Pilates / Advanced Pilates

Pilates is a refined type of body sculpting done lying on the floor, with special emphasis on the abdominal area.

Pilates Fusion

A combination between the wonders of Pilates and the challenges of Yoga. Combining Yoga Poses and Pilates movements this class will surely strengthen you internally and externally.

NIA / POWER NIA

Creative non-impact aerobic movement blending principals of modern dance, martial arts, and alignment techniques into a fun and invigorating aerobic workout.

Boot Camp

An early morning, upbeat circuit training class designed to prepare you for the day ahead.

Step Boot Camp

A low-impact class with great music that will burn fat and tone those hips, buns, and thighs. Add abs and get ready for a great class.

Body Logos

This mind/body/spirit approach to health and fitness is an alternative to traditional strength training classes. Access the emotional element hidden in various muscle groups and intergrate all of your workout.

Body Sculpting

These total body workouts use light weights, body bars, and dynabeds to sculpt the entire body while building muscular endurance. Learn alignment, core stability, and proper form to get faster results.

Zumba & Hip-Hop Zumba

Combine Latin flavor and international zest to tone and sculpt your body while burning fat and dancing to slow and fast rhythms. Street Zumba into the streets adding the beep bop flavor of Hip Hop.

Belly Dance

A traditional western form of dance celebrated by men and women of all ages. Now designed into a class made to enjoy.

Hi/Lo Aerobics

Get ready for this high energy, low-impact aerobics class that will fire you up and prepare you for a great body...

Cardio Jam

Be ready for anything. Step, classic aerobics, salsa, hip hop. Whatever! You'll be sure to sweat. JUST PUMP IT!

Extreme Fat Burner

Dynamic interval training combining aerobics, step, and free weights. Easy choreography that's great for burning fat and increasing stamina.

Jessica's BLT

Butt, Legs and Tummy is an exciting cardio/strength class that targets every major muscle group, particularly those hard to reach areas.

Boxing & Boxing Techniques

Train your body, physically and mentally, by learning the art of boxing with professional boxer Alfred. Boxing Techniques focuses more on a specific technique that day. How to hit a heavy bag, defensive moves, etc.

Tai Chi

Blends slow and flowing movements with sudden bursts of energy. It is a personal experience and expression of one's feelings, outlook and understanding of life. Nurture and mold your inner spirit by Tai Chi, as you strengthen your yoga practice.

PRICING

* FIRST CLASS \$10 Please select the center you'd most like to try.	SINGLE \$18	3 MONTHS UNLIMITED \$449	ANNUAL UNLIMITED \$1500	10 CLASSES \$150 (6 month expiration)	20 CLASSES \$275 (9 month expiration)
	BodyStrength Only 3 Months Unlimited \$315	BodyStrength Only 6 Months Unlimited \$469	BodyStrength Only Annual Unlimited \$799	MAT RENTAL \$1.00	

*** Anyone who purchases a class card the day of their first class receives a 20% savings.**