

# JANUARY 2012

## MON TUE WED THU FRI SAT SUN

**\$0 Initiation during January!**

<b>30</b> Yoga 730am Boot Camp 1200pm Indoor Cycling 545pm Yoga 700pm Yoga 830pm	<b>31</b> Yoga 730am Yoga 1200pm Int. Yoga 530pm Indoor Cycling 645pm Cardio Boxing 820pm						<b>1</b> CLOSED Happy New Year!
<b>2</b> No Studio Classes Regular Gym Hours 630am-1000pm	<b>3</b> Yoga 730am Yoga 1200pm Int. Yoga 530pm Indoor Cycling 645pm Cardio Boxing 820pm	<b>4</b> Yoga 730am Yoga 1200pm Indoor Cycling 545pm Int. Yoga 700pm Yoga 830pm	<b>5</b> Yoga 730am Yoga 1200pm Yoga 530pm Indoor Cycling 645pm Cardio Boxing 820pm	<b>6</b> Yoga 1200pm Yoga 545pm Yoga 715pm Women's Night \$15 Day Pass	<b>7</b> Yoga 930am Int Yoga 1100am	<b>8</b> Core the Yoga Way 930am Yoga 1100am Basic Technique 700-830pm	
<b>9</b> Yoga 730am Boot Camp 1200pm Indoor Cycling 545pm Yoga 700pm Yoga 830pm	<b>10</b> Yoga 730am Yoga 1200pm Int. Yoga 530pm Indoor Cycling 645pm Cardio Boxing 820pm	<b>Beg. Yoga Wrkshp</b> 100-300pm <b>11</b> Yoga 730am Yoga 1200pm Indoor Cycling 545pm Int. Yoga 700pm Yoga 830pm	<b>12</b> Yoga 730am Yoga 1200pm Yoga 530pm Indoor Cycling 645pm Cardio Boxing 820pm	<b>13</b> Yoga 1200pm Yoga 545pm Yoga 715pm	<b>14</b> Yoga 930am Int Yoga 1100am Intro Bouldering 700-830pm	<b>15</b> Core the Yoga Way 930am Yoga 1100am	
<b>16</b> Yoga 730am Boot Camp 1200pm Indoor Cycling 545pm Yoga 700pm Yoga 830pm	<b>17</b> Yoga 730am Yoga 1200pm Int. Yoga 530pm Indoor Cycling 645pm Cardio Boxing 820pm	<b>18</b> Yoga 730am Yoga 1200pm Indoor Cycling 545pm Int. Yoga 700pm Yoga 830pm	<b>Bit o Beta</b> 600-800pm <b>19</b> Yoga 730am Yoga 1200pm Yoga 530pm Indoor Cycling 645pm Cardio Boxing 820pm	<b>20</b> Yoga 1200pm Yoga 545pm Yoga 715pm College Night \$15 Day Pass w/ID	<b>21</b> Yoga 930am Int Yoga 1100am	<b>22</b> Core the Yoga Way 930am Yoga 1100am	
<b>23</b> Yoga 730am Boot Camp 1200pm Indoor Cycling 545pm Yoga 700pm Yoga 830pm	<b>24</b> Yoga 730am Yoga 1200pm Int. Yoga 530pm Indoor Cycling 645pm Cardio Boxing 820pm	<b>25</b> Yoga 730am Yoga 1200pm Indoor Cycling 545pm Int. Yoga 700pm Yoga 830pm	<b>26</b> Yoga 730am Yoga 1200pm Yoga 530pm Indoor Cycling 645pm Cardio Boxing 820pm	<b>27</b> Yoga 1200pm Yoga 545pm Yoga 715pm Guest Night (Members bring free guest)	<b>Inversion Workshop</b> 300-500pm <b>28</b> Yoga 930am Int Yoga 1100am	<b>29</b> Core the Yoga Way 930am Yoga 1100am Lead Climbing 500-700pm	



**Touchstone Bouldering Series 7 Finale**  
Saturday, February 18th: 1200-500pm  
Onsight Finals: 600pm  
The Studio, San Jose's Grand Opening!



Studio classes FREE for MEMBERS  
Non-Member Yoga, Cardio Boxing, and Cycling: \$15  
Morning + Lunchtime Yoga: 60min  
All Others: 75min  
All Classes First-Come-First-Served

**Monday**  
Yoga 730am/Vinyasa/All-Levels/Heather  
Boot Camp 1200pm/Claire  
Indoor Cycling 545pm/Dustin  
Yoga 700pm/Vinyasa/All-Levels/Larissa  
Yoga 830pm/Yin+Restorative/All-Levels/Carlin

**Tuesday**  
Yoga 730am/Vinyasa-Flow/All-Levels/Jody  
Yoga 1200pm/Power-Hour/All-Levels/Kate  
Yoga 530pm/Vinyasa-Flow/Intermediate/Carlin  
Indoor Cycling 645pm/Arthur  
Cardio Boxing 820pm/Arthur

**Wednesday**  
Yoga 730am/Vinyasa/All-Levels/Carlin  
Yoga 1200pm/Vinyasa/All-Levels/Heather  
Indoor Cycling 545pm/Anne  
Yoga 700pm/Vinyasa/Intermediate/Jody  
Yoga 830pm/Yin+Restorative/All-Levels/Helen

**Thursday**  
Yoga 730am/Vinyasa/All-Levels/Jody  
Yoga 1200pm/Power-Hour/All-Levels/Kate  
Yoga 530pm/Vinyasa/All-Levels/Leigh  
Indoor Cycling 645pm/Arthur  
Cardio Boxing 820pm/Nathaniel

**Friday**  
Yoga 1200pm/Vinyasa/All-Levels/Heather  
Yoga 545pm/Vinyasa-Flow/All-Levels/Barbie  
Yoga 715pm/Slow-Flow/All-Levels/Dave

**Saturday**  
Yoga 930am/Hatha/Beginner/Helen  
Yoga 1100am/Vinyasa/Intermediate/Barbie

**Sunday**  
Core the Yoga Way 930am/Barbie  
Rock'n Roll Yoga 1100am/All-Levels/Dave



First Time?  
Take Intro to Climbing.  
Walk-in Schedule:  
M-F: 1230pm, 230pm, 600pm, & 730pm  
SS: 1030am, 100pm and 300pm

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[touchstoneclimbing.com](http://touchstoneclimbing.com)  
MWF 630AM-1000PM  
TTh 630AM-1100PM  
SS 900AM-0700PM

# MISSION CLIFFS

2295 HARRISON ST @ 19TH ST. SF CA 94110

415-550-0515

w/Helen

Wednesday, January 11th, 100-300pm.

In this workshop we will learn the foundation poses and breathwork taught in hatha and vinyasa yoga. Appropriate for those who are new to yoga as well as those who want to refine their practice and gain better insight into alignment. Please sign up at the front desk to reserve your spot. Max 20.

Free for members, \$20 for non-members

Thursday, January 19th, 600-800pm.

Feeling clumsy? Especially with hand and foot holds? Need a spot? Learn more about BOULDERING & SAFETY. Join us for this Free and informal intro to the world of bouldering. Drop-in at any time.

w/Carlin

Saturday, January 28th, 300-500pm.

Are you still kicking up into headstand? Are you interested in experiencing effortless flight and steadiness as you move into the world up-side-down? Investing time into your inversion practice is an incredible way to build strength, focus, and flexibility. Longer held inversions challenge the yoga practitioner physically, mentally, and emotionally, inevitably taking them to a deeper level of understanding in body, mind, and breath. This workshop will focus on building your personal inversion practice and taking it to its next level. We will focus on longer holds in headstand (and its many variations), handstand, shoulder-stand, backbends, and forearm balances. Students will receive individual attention and this workshop will provide an opportunity to address questions, concerns, or challenges you may face when moving into the world up-side-down. The workshop will begin with a 45 minute vinyasa practice and move into inversions for the remaining time.

Sign-up in advance at the front desk. Free for members, \$20 for non.

Basic Tech: Sunday, January 8th, 700-830pm | \$20 for members / \$40 non-members

Intro Bouldering: Saturday, January 14th, 700-830pm | \$20 for members / \$40 non-members

Lead Clinic: Sunday, January 29th, 500-700pm | \$50 for members / \$60 non-members

\* Advanced registration required on all climbing clinics.