

CLASS FEE PAYMENTS of \$5 ARE MADE VIA PREPAID CARDS OR PERSONAL CHECK ONLY. CASH IS NOT ACCEPTED.

SUN CITY WEST YOGA CLUB IN-STUDIO WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	9:30 AM - 10:30 AM
Pilates Stretch Novice / Beginner Suzanne Stowell Resumes Nov 3	Mat Yoga Beginner / Intermediate Renee Pruitt	Pilates All Levels Suzanne Stowell Resumes Nov 5	Taoist Yoga All Levels Charlie Gill Resumes Oct 2	Pilates All Levels Suzanne Stowell Resumes Nov 7	Chair Yoga All Levels Peaches Sloan
10:00 AM - 11:00 am	10:00 AM - 11:00 AM	10:00 AM - 11:00 AM	10:30 AM - 11:30 AM	10:00 AM - 11:00 AM	11:00 AM - 12:00 PM
Mat Yoga Intermediate Renee Pruitt	Chair Yoga All Levels Renee Pruitt	Yoga FUN-damentals/Iyengar Beginner Pam Brown Resumes Nov 5	Yoga Flow Advanced Beginner/ Intermediate Chris Cavaletto Resumes Nov 6	Mat Yoga Intermediate Renee Pruitt	Chair Yoga All Levels Peaches Sloan
12:00 PM - 1:00 PM	11:30 AM - 12:30 PM	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM	11:30 AM - 12:30 PM	
Yoga Stretch All Levels Chris Cavaletto	Mat Yoga Beginner Basics Renee Pruitt	Yoga Stretch & Roll All Levels Chris Cavaletto	Yoga Stretch All Levels Chris Cavaletto	Chair Yoga All Levels Renee Pruitt	
1:30 PM - 2:30 PM	1:00 PM - 2:30 PM	1:30 PM - 2:30 PM	1:30 PM - 2:30 PM	1:00 PM - 2:30 PM	
Yoga as Therapy All Levels Emily Slonina	Iyengar Yoga All Levels Bonita Smulski-Bizeau Resumes Nov 4	Chair Yoga All Levels Peaches Sloan	PWR!Moves All Levels Chris Cavaletto	Iyengar Yoga Intermediate Bonita Smulski-Bizeau Resumes Nov 7	
	4:30 PM - 5:30 PM		3:00 PM - 4:00 PM		
	Hatha Yoga All Levels Heike Newman Begins Nov 4		Living Well Movement All Levels Leann Thrapp		
	6:00 PM - 7:00 PM				
	Hatha Yoga All Levels Heike Newman Begins Nov 4				

All classes are held in the Yoga Studio in the Beardsley Recreation Center, Arts & Crafts Center