

Class fee is \$6. Pay by prepaid card or check only. NO CASH.

Doors close 5 minutes before class time.

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

SUN CITY WEST YOGA CLUB IN-STUDIO WEEKLY SCHEDULE

Sunday	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-Restarts 11/2 Substitute: Ashley Van Valkenburgh Aug 3 - Oct 26	Mat Yoga Beginner / Intermediate Renee Pruitt	Pilates All Levels Suzanne Stowell - Restarts 11/4 Substitute: Ashley Van Valkenburgh Aug 5 - Oct 28	Taoist Yoga All Levels Charlie Gill	Pilates All Levels Suzanne Stowell-Restarts 11/6 Substitute: Ashley Van Valkenburgh Aug 7 - Oct 30	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	Gentle Adaptive Yoga Beginner Pam Brown Restarts 11/4	Yoga Flow Advanced Beginner/ Intermediate Chris Cavaletto	Mat Yoga Intermediate Renee Pruitt	Chair Yoga All Levels Peaches Sloan
	12:00 PM - 1:00 PM	11:30 - 12:30	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM	11:30 AM - 12:30 PM	
	Yoga Stretch All Levels Chris Cavaletto	Healing Through Movement & Meditation All Levels Leann Thrapp Starts Nov 10 2nd/4th Tues of Month	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	Hatha/Iyengar Yoga All Levels Bonita Smulski-Bizeau Restarts 11/3	Chair Yoga All Levels Peaches Sloan	PWR!Moves All Levels Chris Cavaletto	Hatha/Iyengar Yoga Intermediate Bonita Smulski-Bizeau Restarts 11/6	
		4:30-5:30		4:30-5:30		
		Pilates Fusion All Levels Ashley Van Valkenburgh		Pilates Fusion All Levels Ashley Van Valkenburgh		