

CLASS FEE PAYMENTS 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	9:00 AM - 10:00 AM	8:30 AM - 9:30 AM	9:30 AM - 10:30 AM
<u>Power Hour Flow - \$5</u> Intermediate / Advanced Teri Undreiner	<u>Mat Yoga - \$5</u> Beginner / Intermediate Renee Pruitt	<u>Stretch for Healthy Back - \$5</u> All Levels Evon Rubenstein	<u>Mat Yoga - \$5</u> Intermediate / Advanced Chris Cavaletto	<u>Pilates - \$5</u> All Levels Suzanne Stowell	<u>Chair Yoga - \$5</u> 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
<u>Mat Yoga - \$5</u> Intermediate Renee Pruitt	<u>Chair Yoga - \$5</u> Beginner Renee Pruitt	<u>Slow Flow - \$5 (wks 1,3,5)</u> <u>Yoga Nidra - \$5 wks (2,4,6)</u> All Levels Marci Edmunds	<u>Mat Yoga - \$5</u> Beginner Chris Cavaletto	<u>Mat Yoga - \$5</u> Intermediate Renee Pruitt	<u>Chair Yoga - \$5</u> 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	
<u>Yoga Stretch - \$5</u> All Levels Chris Cavaletto	<u>Mat Yoga - \$5</u> Beginner Basics Renee Pruitt	<u>Yoga Stretch & Roll - \$5</u> All Levels Chris Cavaletto	<u>Yoga Stretch - \$5</u> All Levels Chris Cavaletto	<u>Chair Yoga - \$5</u> Beginner Renee Pruitt	
1:30 PM - 2:30 PM	1:30 PM - 2:30 PM	1:30 PM - 2:30 PM	1:30 PM - 2:30 PM		
<u>Face Yoga - \$5</u> All Levels Evon Rubenstein	<u>Iyengar Yoga Fundamentals*</u> Pre-Registered Students Only Bonita Smulski	<u>Chair Yoga - \$5</u> All Levels Peaches Sloan	<u>Iyengar Yoga Fundamentals*</u> Pre-Registered Students Only Bonita Smulski		
3:00 PM - 4:00 PM	3:00 PM - 4:30 PM	3:00 PM - 4:00 PM	3:00 PM - 4:30 PM		
<u>Stretch for Healthy Back - \$5</u> All Levels Evon Rubenstein	<u>Iyengar Yoga - 201 *</u> Pre-Registered Students Only Bonita Smulski	<u>Pilates - \$5</u> All Levels Suzanne Stowell	<u>Iyengar Yoga - 201 *</u> Pre-Registered Students Only Bonita Smulski		
	5:00 PM - 6:00 PM				
	<u>Yoga as Therapy - \$5</u> All Levels Emily Slonina				
Karaoke Club 5:00 PM - 9:00 PM				Karaoke Club 5:00 PM - 9:00 PM	

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

* Each session will begin on the first Tuesday of each month