

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 Class Resumes Nov 18	Mat Yoga Beginner / Intermediate Renee Pruitt	Pilates All Levels Suzanne Stowell Class Resumes Nov 20	Taoist Yoga All Levels Charlie Gill	Pilates All Levels Suzanne Stowell Class Resumes Nov 22	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 Beginner Renee Pruitt	Yoga FUN-damentals/lyengar Beginner Bonita Smulski-Bizeau Class Resumes Nov 6	Mat Yoga Advanced Beginner/ Intermediate Chris Cavaletto Class Resumes Nov 7	Mat Yoga Intermediate Renee Pruitt	Chair Yoga All Levels Peaches Sloan
12:00 PM - 1:00 PM	11:30 AM - 12:30 PM	Class Resumes Nov 6	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 Beginner Renee Pruitt	
1:30 PM - 2:30 PM	1:00 PM - 2:30 PM	1:30 PM - 2:30 PM		1:00 PM - 2:30 PM	
Yoga as Therapy All Levels Emily Slonina	lyengar Yoga All Levels Bonita Smulski-Bizeau Class Resumes Nov 5	Chair Yoga All Levels Peaches Sloan		lyengar Yoga Intermediate Bonita Smulski-Bizeau Class Resumes Nov 8	

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