

**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
	<b>8:30 AM - 9:30 AM</b>	<b>8:30 AM - 9:30 AM</b>	<b>8:30 AM - 9:30 AM</b>	<b>8:30 AM - 9:30 AM</b>	<b>8:30 AM - 9:30 AM</b>	<b>9:30 AM - 10:30 AM</b>
	<a href="#">Pilates Stretch</a> Novice / Beginner Suzanne Stowell <b>Cancelled May-Jul</b> Substitute: Ashley Van Valkenburgh <b>Aug 3 - Oct 26</b>	<a href="#">Mat Yoga</a> Beginner / Intermediate Renee Pruitt	<a href="#">Pilates</a> All Levels Suzanne Stowell <b>Cancelled July</b> Substitute: Ashley Van Valkenburgh <b>Aug 5 - Oct 28</b>	<a href="#">Taoist Yoga</a> All Levels Charlie Gill <b>Cancelled July-Sep</b>	<a href="#">Pilates</a> All Levels Suzanne Stowell <b>Cancelled July</b> Substitute: Ashley Van Valkenburgh <b>Aug 7 - Oct 30</b>	<a href="#">Chair Yoga</a> All Levels Peaches Sloan
	<b>10:00 AM - 11:00 am</b>	<b>10:00 AM - 11:00 AM</b>	<b>10:00 AM - 11:00 AM</b>	<b>10:30 AM - 11:30 AM</b>	<b>10:00 AM - 11:00 AM</b>	<b>11:00 AM - 12:00 PM</b>
	<a href="#">Mat Yoga</a> Intermediate Renee Pruitt	<a href="#">Chair Yoga</a> All Levels Renee Pruitt	<a href="#">Gentle Adaptive Yoga</a> Beginner Pam Brown <b>Cancelled May-Oct</b>	<a href="#">Yoga Flow</a> Advanced Beginner/ Intermediate Chris Cavaletto <b>Cancelled May 28-Fall</b>	<a href="#">Mat Yoga</a> Intermediate Renee Pruitt	<a href="#">Chair Yoga</a> All Levels Peaches Sloan
	<b>12:00 PM - 1:00 PM</b>		<b>12:00 PM - 1:00 PM</b>	<b>12:00 PM - 1:00 PM</b>	<b>11:30 AM - 12:30 PM</b>	
	<a href="#">Yoga Stretch</a> All Levels Chris Cavaletto		<a href="#">Yoga Stretch &amp; Roll</a> All Levels Chris Cavaletto	<a href="#">Yoga Stretch</a> All Levels Chris Cavaletto	<a href="#">Chair Yoga</a> All Levels Renee Pruitt	
	<b>1:30 PM - 2:30 PM</b>	<b>1:00 PM - 2:30 PM</b>	<b>1:30 PM - 2:30 PM</b>	<b>1:30 PM - 2:30 PM</b>	<b>1:00 PM - 2:30 PM</b>	
	<a href="#">Yoga as Therapy</a> All Levels Emily Slonina	<a href="#">Yoga for Healthy Living</a> All Levels Bonita Smulski-Bizeau <b>Cancelled May-Oct</b>	<a href="#">Chair Yoga</a> All Levels Peaches Sloan	<a href="#">PWR!Moves</a> All Levels Chris Cavaletto	<a href="#">Yoga for Healthy Living</a> Intermediate Bonita Smulski-Bizeau <b>Cancelled May-Oct</b>	
				<b>3:00 PM - 4:00 PM</b>		
				<a href="#">Healing Through Movement &amp; Meditation</a> All Levels Leann Thrapp <b>Cancelled April-Oct</b>		
		<b>6:00-7:00pm</b>		<b>6:00-7:00pm</b>		
		<a href="#">Pilates</a> All Levels Ashley Van Valkenburgh <b>Aug 4 - Oct 27</b>		<a href="#">Pilates</a> All Levels Ashley Van Valkenburgh <b>Aug 6 - Oct 29</b>		