

Class fee is \$5. 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 Stowel	Mat Yoga Beginner / Intermediate Renee Pruitt	Pilates All Levels Suzanne Stowel	Taoist Yoga All Levels Charlie Gill	Pilates All Levels Suzanne Stowell	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	Yoga Flow Advanced Beginner/ Intermediate Chris Cavaletto	Mat Yoga Intermediate Renee Pruitt	Chair Yoga All Levels Peaches Sloan
	12:00 PM - 1:00 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		Yoga Stretch & Roll All Levels Chris Cavaletto	Yoga Stretch All Levels Chris Cavaletto	Chair Yoga All Levels Renee Pruitt	
1:30 - 2:30	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	
Hatha Yoga All Levels Heike Newman	Yoga as Therapy All Levels Emily Slonina	Yoga for Healthy Aging All Levels Bonita Smulski-Bizeau	Chair Yoga All Levels Peaches Sloan	PWR!Moves All Levels Chris Cavaletto	Yoga for Healthy Aging Intermediate Bonita Smulski-Bizeau	
			3:00 PM -- 4:00 PM	3:00 PM - 4:00 PM		
			Chair Yoga All Levels Peaches Sloan	Healing Through Movement & Meditation All Levels Leann Thrapp		
		5:00 PM - 6:00 PM		5:00 PM - 6:00 PM		
		Hatha Yoga All Levels Heike Newman		Hatha Yoga All Levels Heike Newman		