

Entry to classes ends at 5 minutes prior to the scheduled start time. No entry will be allowed after that time.

## SUN CITY WEST YOGA CLUB IN-STUDIO SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:00 AM - 8:00 AM</b>	<b>7:00 AM - 8:00 AM</b>	<b>7:00 AM - 8:00 AM</b>	<b>7:00 AM - 8:00 AM</b>	<b>7:00 AM - 8:00 AM</b>	<b>7:30 AM - 8:30 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>8:30 AM - 9:30 AM</b>	<b>9:30 AM - 10:30 AM</b>
Power Hour Flow - \$5 Intermediate / Advanced Teri Undreiner	Mat Yoga - \$5 Beginner / Intermediate Renee Pruitt	Stretch for a Healthy Back - \$5 All Levels Evon Rubenstein	Mat Yoga - \$5 Intermediate / Advanced Chris Cavaletto	Power Hour Flow - \$5 Intermediate / Advanced Teri Undreiner	Chair Yoga - \$5 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>10:00 AM - 11:00 AM</b>	<b>10:00 AM - 11:00 AM</b>	<b>11:00 AM - 12:00 PM</b>
Mat Yoga - \$5 Intermediate Renee Pruitt	Chair Yoga - \$5 Beginner Renee Pruitt	Slow Flow - \$5 All Levels Marci Edmunds	Mat Yoga - \$5 Beginner Chris Cavaletto	Mat Yoga - \$5 Intermediate Renee Pruitt	Chair Yoga - \$5 All Levels Peaches Sloan
<b>12:00 PM - 1:00 PM</b>	<b>11:30 AM - 12:30 PM</b>	<b>12:00 PM - 1:00 PM</b>	<b>11:30 AM - 12:30 PM</b>	<b>11:30 AM - 12:30 PM</b>	<b>12:30 PM - 1:30 PM</b>
Yoga Stretch - \$5 All Levels Chris Cavaletto	Energy Moving with Mindfulness - \$5 All Levels Jan Stittleburg	Yoga Stretch & Roll - \$5 All Levels Chris Cavaletto	Yoga Stretch - \$5 All Levels Chris Cavaletto	Prana Flow 2 Zen - \$5 Beginner/Intermediate Teri Undreiner	
<b>1:30 PM - 2:30 PM</b>		<b>1:30 PM - 2:30 PM</b>		<b>1:00 PM - 2:00 PM</b>	
Breath-Based Yoga - \$5 Intermediate ● Evon Rubenstein		Chair Yoga - \$5 All Levels Peaches Sloan		Slow Flow & Stretch - \$5 All Levels ▲ Teri Undreiner	
<b>3:00 PM - 4:00 PM</b>				<b>2:30 PM - 3:30 PM</b>	
Stretch for a Healthy Back - \$5 All Levels Evon Rubenstein				Tai Chi - \$5 Beginner Jan Stittleburg	
	<b>5:00 PM - 6:00 PM</b>				
	Yoga as Therapy - \$5 All Levels Emily Slonina				
<b>Karaoke Club</b> <b>5:00 PM - 9:00 PM</b>				<b>Karaoke Club</b> <b>5:00 PM - 9:00 PM</b>	

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

● Begins 17 January 2022

▲ Begins 4 February 2022