

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
Power Hour Flow - \$5 Intermediate / Advanced Teri Undreiner	Mat Yoga - \$5 Beginner / Intermediate Renee Pruitt	 Pilates Level 1 - \$5 Novice / Beginner Suzanne Stowell	Mat Yoga - \$5 Intermediate / Advanced Chris Cavaletto	Pilates - \$5 All Levels Suzanne Stowell	Chair Yoga - \$5 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 - \$5 Intermediate Renee Pruitt	Chair Yoga - \$5 Beginner Renee Pruitt	 Chair Pilates & Yoga - \$5 Novice / Beginner Suzanne Stowell	Mat Yoga - \$5 Beginner Chris Cavaletto	Mat Yoga - \$5 Intermediate Renee Pruitt	Chair Yoga - \$5 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	
Yoga Stretch - \$5 All Levels Chris Cavaletto	Mat Yoga - \$5 Beginner Basics Renee Pruitt	Yoga Stretch & Roll - \$5 All Levels Chris Cavaletto	Yoga Stretch - \$5 All Levels Chris Cavaletto	Chair Yoga - \$5 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		
TBD	Iyengar Yoga Fundamentals All Levels Cynthia Gable	Chair Yoga - \$5 All Levels Peaches Sloan	Iyengar Yoga Fundamentals All Levels Cynthia Gable		
3:00 PM - 4:00 PM	3:00 PM - 4:30 PM	3:00 PM - 4:00 PM	3:00 PM - 4:30 PM		
Stretch for Healthy Back - \$5 All Levels Evon Rubenstein	Iyengar Yoga - 201 All Levels Bonita Smulski	Pilates - \$5 All Levels Suzanne Stowell	Iyengar Yoga - 201 All Levels Bonita Smulski		
	5:00 PM - 6:00 PM				
	Yoga as Therapy - \$5 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



Effective 1 Feb 2023