

PAYMENT 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
7:00 AM - 8:00 AM	7:00 AM - 8:00 AM	7:00 AM - 8:00 AM	7:00 AM - 8:00 AM	7:00 AM - 8:00 AM	7:30 AM - 8:30 AM
8:30 AM - 9:30 AM Power Hour Flow - \$5 Intermediate / Advanced Teri Undreiner	8:30 AM - 9:30 AM Mat Yoga - \$5 Beginner / Intermediate Renee Pruitt	8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	8:30 AM - 9:30 AM Power Hour Flow - \$5 Intermediate / Advanced Teri Undreiner	9:30 AM - 10:30 AM Chair Yoga - \$5 All Levels Peaches Sloan
10:00 AM - 11:00 am Mat Yoga - \$5 Intermediate Renee Pruitt	10:00 AM - 11:00 AM Chair Yoga - \$5 Beginner Renee Pruitt	10:00 AM - 11:00 AM Slow Flow - \$5 All Levels Marci Edmunds	10:00 AM - 11:00 AM Mat Yoga - \$5 Beginner / Intermediate Chris Cavaletto	10:00 AM - 11:00 AM Mat Yoga - \$5 Intermediate Renee Pruitt	11:00 AM - 12:00 PM Chair Yoga - \$5 All Levels Peaches Sloan
12:00 PM - 1:00 PM Yoga Stretch - \$5 All Levels Chris Cavaletto	11:30 AM - 12:30 PM	12:00 PM - 1:00 PM Yoga Stretch & Roll - \$5 All Levels Chris Cavaletto	11:30 AM - 12:30 PM Yoga Stretch - \$5 All Levels Chris Cavaletto	11:30 AM - 12:30 PM	12:30 PM - 1:30 PM
1:30 PM - 2:30 PM		1:30 PM - 2:30 PM Chair Yoga - \$5 All Levels Peaches Sloan			
3:00 PM - 4:00 PM					
	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