Subject to Change without Notice.
Authorative Schedule at www.scwyoga.com

Last Updated: 8/6/2026

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
	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 Stowell **Cancelled May-Jul** Substitute: Ashley Van Valkenburgh **Aug 3 - Oct 26**	Mat Yoga Beginner / Intermediate Renee Pruitt	Pilates All Levels Suzanne Stowell **Cancelled July** Substitute: Ashley Van Valkenburgh **Aug 5 - Oct 28**	Taoist Yoga All Levels Charlie Gill **Cancelled July-Sep**	Pilates All Levels Suzanne Stowell **Cancelled July** Substitute: Ashley Van Valkenburgh **Aug 7 - Oct 30**	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 **Cancelled May-Oct**	Yoga Flow Advanced Beginner/ Intermediate Chris Cavaletto **Cancelled May 28-Fall**	Mat Yoga Intermediate Renee Pruitt	Chair Yoga All Levels Peaches Sloan
	12:00 PM - 1:00 PM	**11:30 - 12:30**	**12:00 PM - 1:00 PM**	**12:00 PM - 1:00 PM**	**11:30 AM - 12:30 PM**	
	Yoga Stretch All Levels Chris Cavaletto	Healing Through Movement & Meditation All Levels Leann Thrapp **Starts Nov 10** 2nd/4th Tues of Month	Yoga Stretch & Roll All Levels Chris Cavaletto	Yoga Stretch All Levels Chris Cavaletto	Chair Yoga All Levels Renee Pruitt	
	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**	
	Yoga as Therapy All Levels Emily Slonina	Yoga for Healthy Living All Levels Bonita Smulski-Bizeau **Cancelled May-Oct**	Chair Yoga All Levels Peaches Sloan	PWR!Moves All Levels Chris Cavaletto	Yoga for Healthy Living Intermediate Bonita Smulski-Bizeau **Cancelled May-Oct**	
		6:00-7:00pm		**6:00-7:00pm**		
		Pilates Fusion All Levels Ashley Van Valkenburgh		Pilates Fusion All Levels Ashley Van Valkenburgh		