

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>                        |
| Mindful Movement & Meditation - \$4<br>All Levels<br>Teri Undreiner |                                                                       |                                                                |                                                              |                                                                    |                                                 |
| <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 - \$4<br>Intermediate / Advanced<br>Teri Undreiner  | Mat Yoga - \$4<br>Beginner / Intermediate<br>Renee Pruitt             | Yoga for a Healthy Back - \$4<br>All Levels<br>Evon Rubenstein | Mat Yoga - \$4<br>Intermediate / Advanced<br>Chris Cavaletto | Power Hour Flow - \$4<br>Intermediate / Advanced<br>Teri Undreiner | Chair Yoga - \$4<br>All Levels<br>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 - \$4<br>Intermediate<br>Renee Pruitt                      | Chair Yoga - \$4<br>Beginner<br>Renee Pruitt                          | Slow Flow - \$4<br>All Levels<br>Marci Edmunds                 | Mat Yoga - \$4<br>Beginner<br>Chris Cavaletto                | Mat Yoga - \$4<br>Intermediate<br>Renee Pruitt                     | Chair Yoga - \$4<br>All Levels<br>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 - \$4<br>All Levels<br>Chris Cavaletto                 | Energy Moving with Mindfulness - \$4<br>All Levels<br>Jan Stittleburg | Yoga Stretch & Roll - \$4<br>All Levels<br>Chris Cavaletto     | Yoga Stretch - \$4<br>All Levels<br>Chris Cavaletto          | Prana Flow 2 Zen - \$4<br>Beginner/Intermediate<br>Teri Undreiner  |                                                 |
|                                                                     |                                                                       | <b>1:30 PM - 2:30 PM</b>                                       |                                                              | <b>1:00 PM - 2:00 PM</b>                                           |                                                 |
|                                                                     |                                                                       | Chair Yoga - \$4<br>All Levels<br>Peaches Sloan                |                                                              | Zenyasa - \$4<br>Intermediate/Advanced<br>Teri Undreiner           |                                                 |
| <b>3:00 PM - 4:00 PM</b>                                            |                                                                       |                                                                |                                                              | <b>2:30 PM - 3:30 PM</b>                                           |                                                 |
| Yoga for a Healthy Back - \$4<br>All Levels<br>Evon Rubenstein      |                                                                       |                                                                |                                                              | Tai Chi - \$4<br>Beginner<br>Jan Stittleburg                       |                                                 |
|                                                                     | <b>5:00 PM - 6:00 PM</b>                                              |                                                                |                                                              |                                                                    |                                                 |
|                                                                     | Yoga as Therapy - \$4<br>All Levels<br>Emily Slonina                  |                                                                |                                                              |                                                                    |                                                 |
| <b>Karaoke Club</b><br><b>5:00 PM - 9:00 PM</b>                     |                                                                       |                                                                |                                                              | <b>Karaoke Club</b><br><b>5:00 PM - 9:00 PM</b>                    |                                                 |
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All classes are held in the Yoga Studio in the Beardsley Recreation Center, Arts &amp; Crafts Center