

# CHAIR YOGA

A Sun City Charter Club

**Starts Nov. 10, 2025**

DAY	TIME	INSTRUCTOR	LOCATION
Monday	8:00 – 9:00 9:00 – 10:00	Melinda Lowrey Colleen Anderson	Oasis Room – Sunset View
Tuesday	8:00 – 9:00 9:00 – 10:00	Audrey Collier Angel VanDerveer	Arrowhead – Lakeview
Thursday	8:00 – 9:00 9:00 – 10:00	Melinda Lowrey Beth Novak	Arrowhead – Lakeview
Friday	8:00 – 9:00 9:00 – 10:00	Colleen Anderson Melinda Lowrey	Arrowhead – Lakeview
Saturday	8:00 – 9:00 9:00 – 10:00	Colleen Anderson Colleen Anderson	Idyllwild Room, Mountain View

Yearly Dues are \$25  
(From July 1st – June 30<sup>th</sup>)

Monthly Dues  
Only \$5 per class or  
\$30 for unlimited monthly classes

\*Note: classes are subject to room cancellations and teachers are subject to change.

If you want to receive cancellation notices, please add our club email address to your email contacts list. Club email: [SunCityYogaPilates@gmail.com](mailto:SunCityYogaPilates@gmail.com)

# MAT YOGA & PILATES

A Sun City Charter Club

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
Monday	9:00 – 10:00	Yoga	Melinda Lowrey	Pavilion Studio
Tuesday	9:30 – 10:30	Pilates	Ilona Lange	Pavilion Studio
Wednesday	9:00 – 10:00	Yoga	Colleen Anderson	Pavilion Studio
Thursday	9:45 – 10:45	Yoga	Colleen Anderson	Pavilion Studio
Friday	9:00 – 10:00	Pilates	Ilona Lange	Pavilion Studio
Saturday	9:30 – 10:30	Yoga	Marnie Laatz	Pavilion Studio
Sunday	9:00 – 10:00	Pilates	Ilona Lange	Pavilion Studio

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President: Ruth Zebrack    760-772-5149    Email: [ruthez@dc.rr.com](mailto:ruthez@dc.rr.com)

Please add the club email address to your contacts list so you won't miss any of our emails!

Club email: [SunCityYogaPilates@gmail.com](mailto:SunCityYogaPilates@gmail.com)