

CHAIR YOGA

A Sun City Charter Club

January 2026

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
Wednesday	5:00 PM	Beth Novak	Idyllwild Room, Mountain View
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 30th)**

**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

MAT YOGA & PILATES

A Sun City Charter Club

January 2026

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

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

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

President: Ruth Zebrack 760-772-5149 Email: 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

Club Website: yoganpilates.scpdcaclubs.com