

# MAT CLASSES

May 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
	5:00 – 6:00 PM	Essentrics	Melinda Lowrey	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 30<sup>th</sup>)

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

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)  
Club Website: [yoganpilates.scpdcclubs.com](http://yoganpilates.scpdcclubs.com)