

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
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***	Melinda Lowrey	Pavilion Studio
Sunday	9:00 – 10:00	Pilates	Ilona Lange	Pavilion Studio

Note: *** the first Saturday of each month will be an Essentrics class.

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