

SUN CITY HATHA YOGA CLUB – APRIL 2026 CLASSES

<http://hathayogaclub.org>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Mat Yoga Marissa 10:30 am Chair Yoga/Carlyn 12:30 Mat Yoga Mix/Kathryn	2 10 am Mat Yoga/Carlyn 1 pm Chair Yoga/Carlyn 6 pm Mat Yoga/Kathryn	3 8:30 am Mat Yoga/Jenn 1 pm Chair Yoga/Marci	4 9 am Mat Yoga /January 11 am Chair Yoga/January
5	6 8:30 am Mat Yoga/Tracy 10:30 Mat Hatha Vinyasa/Nimet 1 pm Chair Yoga/Marci	7 10 am Mat Yoga/Tracy 12 Mat Yoga Basics /Kathryn 6 pm Mat Yoga/Marci	8 8:30 Mat Yoga Marissa 10:30 am Chair yoga/Carlyn 12:30 Mat Yoga Mix/Kathryn	9 10 am Mat Yoga/Carlyn 1 pm Chair Yoga/Carlyn 6 pm Mat Yoga/Kathryn	10 8:30 am Mat Yoga/Jenn 1 pm Chair Yoga/Marci 2:30 Club Board Meeting	11 9 am Mat Yoga/ Cathy 11 am Chair Yoga/ Cathy 4 pm Restorative Yoga/Marissa
12	13 8:30 am Mat Yoga/Tracy 10:30 Mat Hatha Vinyasa/Nimet 1 pm Chair Yoga/Marci	14 10 am Mat Yoga/Tracy 12 Mat Yoga Basics /Kathryn 6 pm Mat Yoga/Marci	15 8:30 Mat Yoga Marissa 10:30 am Chair Yoga/Carlyn 12:30 Mat Yoga Mix/Kathryn	16 10 am Mat Yoga/Carlyn 1 pm Chair Yoga/Carlyn 6 pm Mat Yoga/Kathryn	17 8:30 am Mat Yoga/Jenn 1 pm Chair Yoga/Marci	18 9 am Mat Yoga/January 11 am Chair Yoga/January
19	20 8:30 am Mat Yoga /Tracy 10:30 Mat Hatha Vinyasa/ Cathy 1 pm Chair Yoga/Marci	21 10 am Mat Yoga/Tracy 12 Mat Yoga Basics /Kathryn 6 pm Mat Yoga/Marci	22 8:30 Mat Yoga Marissa 10:30 am Chair Yoga/Carlyn 12:30 Mat Yoga Mix/Kathryn	23 10 am Mat Yoga/Carlyn 1 pm Chair Yoga/Carlyn 6 pm Mat Yoga/Kathryn	24 8:30 am Mat Yoga /Jenn 1 pm Chair Yoga/Marci	25 9 am Mat Yoga/January 11 am Chair Yoga/January 1 pm Guided Meditation/Marci
	27 8:30 am Mat Yoga /Tracy 10:30 Mat Hatha Vinyasa/Nimet 1 pm Chair Yoga/Marci	28 10 am Mat Yoga/Tracy 12 Mat Yoga Basics /Kathryn 6 pm Mat Yoga/Marci	29 8:30 Mat Yoga Marissa 10:30 am Chair Yoga/Carlyn 12:30 Mat Yoga Mix/Kathryn	30 10 am Mat Yoga/Carlyn 1 pm Chair Yoga/Carlyn 6 pm Mat Yoga/Kathryn		Yellow = Substitute Rev: 03/05/26

Arrive 20 minutes early - Leave shoes at the door – Silence cell phones - No fragrances