Effective 11/1/26

November 2026 Classes

DANCE STUDIO 2
1203 N. Pebble Beach Blvd.

Sun City Center YOGA CLUB

Together We Are Better

Scan Me!

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:15a.m. Fun Flow *with Sue*	8:00 - 9:15a.m. Mindful Yoga *with Christy*	9:00 - 10:15a.m. Gentle Yoga *with Teri*	8:00 - 9:15a.m. Mindful Yoga *with Christy* ***NO Class on Thanksgiving, 11/26***	8:00 - 9:15a.m. Fun Flow *with Sue* ***NO Class on 11/27***
10:15 - 11:15a.m. Chair Yoga *with Leyla* ***(with Bonni on 11/2)***	1:00 - 2:15p.m. Yin & Singing Bowls *with Diane*	11:00a.m. - 12:15p.m. Chair Yoga *with Debbie*	10:00 – 11:15a.m. Chair Barre *with Diane* ***NO Class on Thanksgiving, 11/26***	11:00a.m. - 12:15p.m. Chair Yoga *with Debbie* ***NO Class on 11/27***
	POP-UP CLASS! ***FIND YOUR CALM with Diane*** ***Sat., Nov. 7, 4:00 – 5:00pm*** ***See flyer for more details!***		***NO CLASSES on Thanksgiving Day, Thursday, November 26 and Friday, November 27!***	

Cost: ***First Class FREE*** *(Please present your CA or KP badge)*; then **$30** Annual Club membership, plus $15 per month for unlimited classes. (*Pay with a check made payable to:* **SCC Yoga Club**)

Website: **sccyogaclub.uplifterinc.com**

More Information: Contact **Debbie Carlson** or **Robin Welser** at **sccayoga@gmail.com**

Please Note: Have physician approval or accept full responsibility for any health problems.

SCC Yoga Club Class Descriptions

FUN FLOW *with Sue (Monday & Friday)*

This class offers a blend of exercises and poses to improve strength, flexibility as well as balance with emphasis on breathing, alignment and body awareness. Modifications are offered to tone it down for beginners or take it up a notch for students with more experience. We practice bringing the pose to your body, not your body to a pose. Props are encouraged. See you on the mat!

CHAIR YOGA *with Leyla (Monday)*

Chair Yoga is a gentle, accessible practice designed to improve flexibility, strength, balance and relaxation using the support of a chair. This class combines seated and standing yoga poses, mindful breathing, stretching and Savasana to help reduce tension, increase mobility and promote overall well-being. Perfect for beginners, older adults, individuals recovering from injury, or anyone looking for a low-impact way to move and unwind.

MINDFUL YOGA *with Christy (Tuesday & Thursday)*

This class integrates Yoga Basics and ancient practices designed to help the body move mindfully and safely. We begin with opportunities to "oil the joints", find our breath and wake up the flow of energy. Rather than moving through a flow on one breath, we move into our expression of a posture, sensing and feeling, and finding ourselves through it. We seek just the right "ah-ha" expression within ourselves.

YIN & SOUND MEDITATION *with Diane (Tuesday)*

Yin Yoga targets the connective tissues, such as the fascia, ligaments and joints of the body that normally are not exercised very much in a more active style of asana practice. The connective tissue of the hips, pelvis and lower spine are the main focus. Connective tissues resist brief stresses but slowly change when a moderate stress is maintained for 1 – 3 minutes. Enjoy the crystal "Singing Bowls" performed by Diane during half of the Yin class.
This class is performed entirely on the floor.

CHAIR YOGA *with Debbie (Wednesday & Friday)*

This class includes the many benefits of yoga while enjoying the support of a chair. The majority of the poses will take place seated, while a few will be performed standing using the chair as a prop and for support. The focus of the asanas and stretches is to improve flexibility, skeletal alignment, muscle tone, posture, balance, circulation, breathing, and to relieve stress and tension in the body and mind. Each pose or stretch is done slowly and in conjunction with the breath. The instructor provides verbal guidance throughout. The practice ends with ten minutes of Savasana (relaxation), accompanied by calming music, guided meditation or positive affirmations.

GENTLE YOGA *with Teri (Wednesday)*

Breathe, relax and feel. Become aware of your body as it is today. Guided by a seasoned instructor, find your pain-free range of motion at a pace that allows you to breathe deeper, hold poses longer, and find more ease in your joints. The use of props is encouraged for alignment and often as a tool when we dedicate some portion of each class to overall brain/body support and balance. Expect a short poem for centering and a compassionate approach to yoga in our active community.

CHAIR BARRE *with Diane (Thursday)*

You will not be on the floor for this class, but will use the chair or the bar. Props will include large and small balls and weights under 5 lbs. (Please bring your own weights – or two soup cans or plastic bottles of water.) No weights is also an option. Wear yoga socks or light sneakers; no bare feet, flip flops or sandals. The Barre workout is a series of movements designed to strengthen the entire body, ensuring no muscle is overlooked. Barre includes a combination of functional strength, Ballet, Pilates and Yoga and uses body weight or light hand weights to focus on alignment, optimal posture, coordination, balance and overall strength. All movements are performed rhythmically and choreographed to high-energy music. The result is in a fun and safe workout.