

SunBird Classes

CLASSES	ROOM	DAY	TIME	CONTACT	PHONE
Al-Anon	Ceramics	Monday	5:30 - 6:30 pm		
Beading	Hopi	Friday	1:00 - 4:00 pm	Char Ryan	(480) 888-3220
Bible Study	Hopi	Wednesday (Nov - May)	6:30 - 8:30 pm	Hank Miller	(48) 080-2056
Brz Embroidery	Pima	Tuesday	9:30 a - 12:00 pm	Barbara Bishop	(801) 798-7609
Chair Aerobics	Navajo	Mon Tues Thu	9:00 - 10:00 am	Treva Christianson	(480) 273-8963
Ceramics	Ceramics	Tue & Thu	10:00 am - 3:00 pm	Larry & Nmary Koshiba	(219) 689-5800
Energy Yoga	Navajo	Mon Tues Thu	7:45 - 8:45 am	Pauline Caraher	(602) 292-7558
Energy Yoga	Navajo	Mon Tues Thu	4:00 - 5:00 pm	Pauline Caraher	(602) 292-7558
Knitting & Crochet	Hopi	Wednesday	10:00 M	Diana Reed	(612) 616-9431
Line Dancing	Ballroom	Monday	11:30 - 2:30 pm	Judee Curtis	(480) 802-0201
Meditation	Navajo	1sr & 3rd Wednesday	9:00 - 10:00 am	Pauline Caraher	(602) 292-7558
Plymer Clay	Hopi	3rd & 4th Saturday	9:30 am - 4:00 pm	Judy Phillips	(480) 883-3637
Scrapbooking	Hopi	Wednesday	1:30 - 6:00 pm	Carol Phillips	(480) 883-9353
Spanish	Hopi	Monday	1:00 - 3:00 pm	Jeanne Capeloto	(480) 895-0739
Stretch & Tone	Ballroom	Mon Tues Fri	7:00 - 8:00 am	Sherry Fann	(480) 883-1167
Tai Chi	Ballroom	Mon Tues Wed Thurs	9:00 - 10:30 am	Don McMullen	(480) 219-6468
Tai Chi	Navajo	Friday	9:00 am - 10:30 pm	Don McMullen	(480) 219-6468
Walk Away the Pounds	Ballroom	Mon - Fri	8:00 - 9:00 am	Lil Donlay	(480) 208-2622
Water Aerobics	Lg Pool	Mon Wed Fri (Nov - Apr)	1:30 - 2:30 pm	Norma Davis	(480) 895-2335
Water Aerobics	Lg Pool	Mon - Fri (May 0 Oct)	8:30 - 9:30 am	Norma Davis	(480) 895-2335
12 Step	Lakeview	Friday	4:00 - 5:30 pm	Sandra Macdonald	(480) 529-8746
13 Step	Pima	Saturday	10:00 - 11:30 am	Sandra Macdonald	(480) 529-8746
Senior Fitness	Navajo	Mon Wed Fri	11:00 am - 12:00 pm	Car Sullivan	(480) 707-9317