

SunBird Classes

CLASSES	ROOM	DAY	TIME	CONTACT	PHONE
Al-Anon	Cera.m.ics	Monday	5:30 - 6:30 p.m.		
Beading	Hopi	Friday	1:00 - 4:00 p.m.	Char Ryan	(480) 888-9220
Bible Study	Hopi	Wednesday	6:30 - 8:30 p.m.	Hank Miller	(480) 802-0456
Brz Embroidery	Pima	Tuesday	9:30 a.m. - 12:00 p.m.	Barbara Bishop	(801) 798-7609
Chair Aerobics	Navajo	Mon. Tue. Thu.	9:00 - 10:00 a.m.	Treva Christianson	(480) 273-8963
Cera.m.ics	Ceramics	Tue & Thu	10:00 a.m. - 3:00 p.m.	Larry & Mary Beth Koshiba	(219) 689-5800
Energy Yoga	Navajo	Mon Tues Thu	7:45 - 8:45 a.m.	Pauline Caraher	(602) 292-7858
Energy Yoga	Navajo	Mon Tues Thu	4:00 - 5:00 p.m.	Peggy Mottel	(480) 440-9653
Knitting & Crochet	Hopi	Wednesday	10:00 AM	Diana Reed	(612) 616-9431
Line Dancing	Ballroom	Monday	11:30 a.m. - 2:30 p.m.	Judee Curtis	(480) 802-0201
Meditation	Navajo	1st & 3rd Wednesday	9:00 - 10:00 a.m.	Pauline Caraher	(602) 292-7858
Plymer Clay	Hopi	3rd & 4th Saturday	9:30 a.m. - 4:00 p.m.	Judy Phillips	(480) 883-3637
Scrapbooking	Hopi	Wednesday	1:30 - 6:00 p.m.	Carol Phillips	(480) 883-9353
Spanish	Hopi	Monday	1:00 - 3:00 p.m.	Jeanne Capeloto	(480) 895-0739
Stretch & Tone	Ballroom	Mon Tue Fri	7:00 - 8:00 a.m.	Sherry Fann	(480) 883-1167
Tai Chi	Ballroom	Mon. Tue. Wed. Thu.	9:00 - 10:30 a.m.	Don McMullen	(480) 219-6468
Tai Chi	Navajo	Friday	9:00 a.m. - 10:30 p.m.	Don McMullen	(480) 219-6468
Walk Away the Pounds	Ballroom	Mon - Fri	8:00 - 9:00 a.m.	Lil Donley	(480) 208-2622
Water Aerobics	Lg Pool	Mon - Fri (Nov - Apr)	10:00 - 11:00 a.m.	Norma Davis	(480) 895-2335
Water Aerobics	Lg Pool	Mon - Fri (May - Oct)	8:30 - 9:30 a.m.	Norma Davis	(480) 895-2335
12 Step	Lakeview	Friday	4:00 - 5:30 p.m.	Sandra Macdonald	(480) 529-8746
12 Step	Pima	Saturday	10:00 - 11:30 a.m.	Sandra Macdonald	(480) 529-8746