

# Glenmore Yoga In Person & Online

August 1 - 13, 2022

Sun	Mon, Aug 1	Tue, Aug 2	Wed, Aug 3	Thurs, Aug 4	Fri, Aug 5	Sat, Aug 6
	9:00 – 10:15 am – In Person & Online Level 2 – Randi Weiss	9:00 – 10:15 am – In Person & Online Level 1 – Louise Mason	9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Randi Weiss	9:00 – 10:15 am – Level 3 Yoga cancelled and will resume Fri, August 12	9:00 – 10:15 am – In Person Mixed Level Yoga - Kerry Shultz
	10:30 – 11:45 am – In Person & Online Ageless Yoga – Mary Lou Bean	10:45 – 12:00 – In Person & Online Slow & Gentle Yoga – Mary Leffler	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Ageless Level 1 – Mary Leffler	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
	12:30 – 1:45 pm – Online Yoga for the Pelvic Floor – Sandy Axelson		11:00 – 12:15 – In Person Ageless Gentle- Christina Evans Online recording available	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
Sun, Aug 7	Mon, Aug 8	Tues, Aug 9	Wed, Aug 10	Thurs, Aug 11	Fri, Aug 12	Sat, Aug 13
	9:00 – 10:15 am – In Person Level 2 – Kerry Shultz	9:00 – 10:15 am – In Person Level 1 – Debbie Stewart	9:00 – 10:30 am – In Person Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Debbie Stewart	9:00 – 10:15 am – In Person & Online Level 3 Yoga Rodney Bradley	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
	10:30 – 11:45 am – In Person Ageless Yoga – Mary Lou Bean	10:45 – 12:00 – In Person Slow & Gentle Yoga - Mary Leffler	10:45 – 12:00 – In Person Mixed Level Ageless Yoga - Mary Lou Bean	10:30 – 11:45 am – Online Ageless Level 1 – Mary Leffler	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
			11:00 – 12:15 – In Person Ageless Gentle- Cancelled and will resume Aug 17	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		5:00 – 6:15 pm – In Person Level 1 & 2 – Rodney Bradley	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	

Preregister is required for Both In Studio and Online Classes through MindBody  
or at [info@glenmoreyoga.com](mailto:info@glenmoreyoga.com) \* GlenmoreYoga.com \* 804.741.5267