

Glenmore Yoga Online Studio

Weekly Schedule

March 22 – 28, 2020

Sun, March 22	Mon, March 23	Tues, March 24	Wed, March 25	Thurs, March 26	Fri, March 27	Sat, March 28
4:00 pm – Welcome to Online Yoga - Kathleen	10:30 – 11:45 am Mixed Level Yoga- Randi Weiss	10:30 – 12:00 – Restorative Yoga – Kim Leibowitz	9:00 – 10:30 am – Yin Yoga- Erin Forsyth	9:00 – 10:15 am – Level 2 & 3 – Randi Weiss	9:00 – 10:15 am – Level 3 Yoga – Randi Weiss	9:00 – 10:15 am – Mixed Level Yoga – Kerry Shultz
		5:00 – 6:15 pm – Level 1 & 2 – Susan Wolski	11:00 – 12:15 – Ageless Gentle – Carolyn Hazel	10:30 – 11:45 am – Ageless Level 1 – Kim Leibowitz	10:30 – 11:45 am – Level 1 Yoga – Kim Leibowitz	
			6:00 – 7:15 pm – Level 2 & 3 – Kerry Shultz	6:30 – 7:45 pm – Level 1 Yoga – Kerry Shultz		

1. Preregister with MindBody Online by downloading the app to your phone, email info@glenmoreyoga.com or find a link on Glenmore Yoga's website schedule page which we are currently still working on.
2. Make sure your email address is correct in MindBody. MindBody sets up your registration and confirms your payment (accessing an existing package or payment) for the class you intend to take.
3. Register through MindBody for your class **at least 30 minutes** prior to class time. You will receive a confirmation email from Glenmore with a link to Zoom. Zoom is the platform where Glenmore will stream our classes.
4. You will need about ten minutes to install and connect to Zoom. Please allow yourself this extra time. Zoom works with your smart phone, Apple and Windows.
5. If you plan to use your phone or tablet, find the Zoom Cloud Meetings app in your app store and download. With a laptop or desktop, just click on the link Glenmore sends you to connect to your class. Computer users will be prompted to to download the Zoom application. You may need a Zoom password the first time you access Zoom. One will be included in your email from Glenmore.
6. Please arrive to the Zoom waiting room 5 - 10 minutes before class begins. Your instructor will confirm attendance and begin the class.
7. Please know that you will see and hear the teacher, and you'll have the option to be seen and heard once you've logged into the class. You will be able to mute and disable video of yourself if you choose. A text box can be used for you to type a hello message or questions or concerns. You can choose the option for your message to be sent to only the teacher or to the class.
8. Classes will be posted weekly as we evolve with this new option.
9. Three registered students will be necessary for the class to take place.