

Glenmore Yoga Online Studio

Weekly Schedule

March 28 – April 4, 2020

Sun, March 29	Mon, March 30	Tues, March 31	Wed, April 1	Thurs, April 2	Fri, April 3	Sat, April 4
10:30 – 11:30 am – Guided Meditation & Relaxation - Sue	9:00 – 10:15 am – Leve 2 Yoga – Randi Weiss	9:00 – 10:15 am – Lev 1 Tibetan Rites- 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
	10:30 – 11:45 am Ageless Yoga - Mary Lou	10:30 – 12:00 – Restorative Yoga – Mary Lou	11:00 – 12:15 – Ageless Gentle – Carolyn Hazel	10:30 – 11:45 am – Ageless Level 1 – Carolyn Hazel	10:30 – 11:45 am – Level 1 Yoga – Kim Leibowitz	
	6:00 – 7:00 pm – Yin Yoga – Kerry Shultz	5:00 – 6:15 pm – Level 1 & 2 – Susan Wolski	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 or email info@glenmoreyoga.com.
2. Make sure your email address is correct in MindBody since this will connect you to Glenmore's account for you. 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 or via email **at least 30 minutes** prior to class time. You will receive a confirmation email from Glenmore with a link to Zoom 30 minutes before the class. Zoom is the platform where Glenmore will stream our classes.
4. You will need a couple minutes to connect to Zoom and go through the prompts. Please allow yourself this extra time. Zoom works with your smart phone, tablet, laptop and desktop.
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 download the Zoom application.
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.