

# Glenmore Yoga In Person & Online

Jan 16 - 31, 2022

Sun, Jan 16	Mon, Jan 17	Tue, Jan 18	Wed, Jan 19	Thurs, Jan 20	Fri, Jan 21	Sat, Jan 22
	9:00 – 10:15 am – In Person & Online Level 2 – Randi Weiss	9:00 – 10:15 am – In Person & Online Level 1 – Debbie Stewart	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 – In Person & Online Level 3 Yoga Randi Weiss	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
10:00 am – 12:00 pm – In Person & Online Breath Workshop- Mary Lou Bean	10:30 – 11:45 am – In Person & Online Ageless Yoga – Mary Lou Bean	10:45 – 12:00 – In Person & Online Restorative Yoga – Mary Leffler	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Ageless Level 1 – Sandy Axelson	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
	2:00 – 3:15 pm – In Person & Online Yoga on the Ball – Carolyn Hazel	2:00 – 3:15 pm – Online Pelvic Floor Series – Sandy Axelson	11:00 – 12:15 – In Person & Online Ageless Gentle - Carolyn Hazel	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Mary Leffler	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 S	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
Sun, Jan 23	Mon, Jan 24	Tues, Jan 25	Wed, Jan 26	Thurs, Jan 27	Fri, Jan 28	Sat, Jan 29
	9:00 – 10:15 am – In Person & Online Level 2 – Kerry Shultz	9:00 – 10:15 am – In Person & Online Level 1 – Debbie Stewart	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 – In Person & Online Level 2 & 3 Yoga Randi Weiss	9:00 – 10:15 am – In Person & Online 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 Restorative 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	
	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss	2:00 – 3:15 pm – Online Pelvic Floor Series – Sandy Axelson	11:00 – 12:15 – In Person & Online Ageless Gentle - Carolyn Hazel	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 S	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
Sat, Jan 30	Mon, Jan 31	Tue, Jan 11	Wed, Jan 12	Thurs, Jan 13	Fri, Jan 14	Sat, Jan 15
	9:00 – 10:15 am – In Person & Online Level 2 – Randi Weiss					
	10:30 – 11:45 am – In Person & Online Ageless Yoga – Mary Lou Bean					
	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss					

Preregister for Both In Person and Online Classes through MindBody or at [info@glenmoreyoga.com](mailto:info@glenmoreyoga.com)

\*GlenmoreYoga.com \* 804.741.5267