## **Glenmore Yoga In Person & Online**

July 17 - 31, 2022

Sun, July 17	Mon, July 18	Tue, July 19	Wed, July 20	Thurs, July 21	Fri, July 22	Sat, July 23
	9:00 - 10:15 am -	9:00 – 10:15 am –	9:00 - 10:30 am -	9:00 - 10:15 am -	9:00 - 10:15 am -	9:00 - 10:15 am -
	In Person &	In Person &	In Person &	In Person &	In Person &	In Person &
	Online Level 2 –	Online Level 1 –	Online Yin Yoga-	Online Lev 2 & 3-	Online Level 3 Yoga	Online Mixed Level Yoga-
	Randi Weiss	Debbie Stewart	Erin Forsyth	Randi Weiss	Randi Weiss	Kerry Shultz
	10:30 - 11:45 am -	10:45 - 12:00 -	10:45 - 12:00 -	10:30 – 11:40 am –	10:30 - 11:45 am -	
	In Person &	In Person & Online Slow &	In Person Ageless Lev 1	Online Ageless Level 1	In Person Level 1 Yoga –	
	Online Ageless Yoga –	Gentle Yoga –	Mary Lou Bean	Pre recording with Mary	Christina Evans	
	Mary Lou Bean	Jim Theobald		available upon request.		
			11:00 - 12:15 -	11:00 - 12:15 -	10:30 – 11:45 am –	
			In Person Ageless Gentle-	In Person Ageless/ Bone	Online Tibetan Rites –	
			Christina Evans	Strengthening –	Kim Leibowitz	
			Online recording available	Chris Riely		
		5:00 - 6:15 pm -	6:00 – 7:15 pm –	6:00 – 7:15 pm –	12:30 – 1:45 pm-	
		In Person &	In Person &	Online Level 1 Yoga –	Online Chair Yoga –	
		Online Level 1 & 2 –	Online Lev 2 & 3-	Kerry Shultz	Sandy Axelson	
		Rodney Bradley	Kerry Shultz			
Sun, July 24/31	Mon, July 25	Tues, July 26	Wed, July 27	Thurs, July 28	Fri, July 29	Sat, July 30
	9:00 – 10:15 am –	9:00 – 10:15 am –	9:00 – 10:30 am –	9:00 – 10:15 am –	9:00 – 10:15 am –	9:00 - 10:15 am -
	In Person &	In Person &	In Person &	In Person &	In Person &	In Person &
	Online Level 2 –	Online Level 1 –	Online Yin Yoga-	Online Lev 2 & 3-	Online Level 3 Yoga	Online Mixed Level Yoga-
	Randi Weiss	Debbie Stewart	Erin Forsyth	Randi Weiss	Randi Weiss	Kerry Shultz
	10:30 – 11:45 am –	10:45 - 12:00 -	10:45 - 12:00 -	10:30 – 11:45 am –	10:30 – 11:45 am –	
	In Person &	In Person & Online Slow &	In Person Ageless Lev 1	Online Ageless Level 1 –	In Person Level 1 Yoga –	
	Online Ageless Yoga –	Gentle Yoga –	Mary Lou Bean	Mary Leffler	Christina Evans	
	Mary Lou Bean	Carolyn Hazel				
			11:00 - 12:15 -	11:00 - 12:15 -	10:30 – 11:45 am –	
			In Person Ageless Gentle-	In Person Ageless/ Bone	Online Tibetan Rites –	
			In Person Ageless Gentle- Christina Evans	In Person Ageless/ Bone Strengthening –		
			In Person Ageless Gentle- Christina Evans Online recording available	In Person Ageless/ Bone Strengthening – Chris Riely	Online Tibetan Rites – Kim Leibowitz	
		5:00 – 6:15 pm –	In Person Ageless Gentle- Christina Evans Online recording available 6:00 – 7:15 pm –	In Person Ageless/ Bone Strengthening – Chris Riely 6:00 – 7:15 pm –	Online Tibetan Rites – Kim Leibowitz 12:30 – 1:45 pm-	
		In Person &	In Person Ageless Gentle- Christina Evans Online recording available 6:00 – 7:15 pm – In Person &	In Person Ageless/ Bone Strengthening – Chris Riely 6:00 – 7:15 pm – Online Level 1 Yoga –	Online Tibetan Rites – Kim Leibowitz 12:30 – 1:45 pm- Online Chair Yoga –	
		In Person & Online Level 1 & 2 –	In Person Ageless Gentle- Christina Evans Online recording available 6:00 – 7:15 pm – In Person & Online Lev 2 & 3–	In Person Ageless/ Bone Strengthening – Chris Riely 6:00 – 7:15 pm –	Online Tibetan Rites – Kim Leibowitz 12:30 – 1:45 pm-	
		In Person &	In Person Ageless Gentle- Christina Evans Online recording available 6:00 – 7:15 pm – In Person &	In Person Ageless/ Bone Strengthening – Chris Riely 6:00 – 7:15 pm – Online Level 1 Yoga –	Online Tibetan Rites – Kim Leibowitz 12:30 – 1:45 pm- Online Chair Yoga –	
		In Person & Online Level 1 & 2 –	In Person Ageless Gentle- Christina Evans Online recording available 6:00 – 7:15 pm – In Person & Online Lev 2 & 3–	In Person Ageless/ Bone Strengthening – Chris Riely 6:00 – 7:15 pm – Online Level 1 Yoga –	Online Tibetan Rites – Kim Leibowitz 12:30 – 1:45 pm- Online Chair Yoga –	

Preregister is required for Both In Studio and Online Classes through MindBody or at <a href="mailto:info@glenmoreyoga.com">info@glenmoreyoga.com</a> \* GlenmoreYoga.com \* 804.741.5267