

# Glenmore Yoga In Person & Online

May 1 - 14, 2022

Sun, May 1	Mon, May 2	Tue, May 3	Wed, May 4	Thurs, May 5	Fri, May 6	Sat, May 7
	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 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 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	
<b>Sunday Restorative Yoga- In Person &amp; Online 4:00 – 5:30 pm Kerry Shultz</b>			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 – In Person Pop up Pelvic Floor Yoga - Sandy Axelson	
		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	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
					12:30 – 1:45 pm- Recording of Chair Yoga with Sandy available upon request	
Sun, May 8	Mon, May 9	Tues, May 10	Wed, May 11	Thurs, May 12	Fri, May 13	Sat, May 14
	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 Kerry Shultz	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 Bena	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	
			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	
					2:00 – 3:15 pm – Pop up In Person & Online Yoga on Your Ball – Sue Agee	

**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**