


Glenmore Yoga In Studio & Online May 15 - 31, 2022

| Sun, May 15 | Mon, May 16 | Tue, May 17 | Wed, May 18 | Thurs, May 19 | Fri, May 20 | Sat, May 21 |
|-------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------------|
| | 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 Chris Riely | 10:30 – 11:40 am – Online Ageless Level 1 – Mary Leffler | 10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans | |
| | | 5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley | 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 | |
| | | | 6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz | 6:00 – 7:15 pm – Online Level 1 Yoga for shoulders – Kim Leibowitz | 12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson | |
| Sun, May 22 | Mon, May 23 | Tues, May 24 | Wed, May 25 | Thurs, May 26 | Fri, May 27 | Sat, May 28 |
| | 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 |
| | 10:30 – 11:45 am – In Person & Online Ageless Yoga – Louise Mason | 10:45 – 12:00 – In Person & Online Slow & Gentle Yoga Jim Theobald | 10:45 – 12:00 – In Person Ageless Lev 1 - Carolyn Hazel | 10:30 – 11:40 am – Online Ageless Level 1 – Mary Leffler | 10:30 – 11:45 am – In Person Level 1 Yoga – Randi Weiss | |
| | 2:00 – 3:15 pm – Pop up In Person & Online Yoga on Your Ball – Sue Agee | 5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley | 11:00 – 12:15 – In Person & Online Ageless Gentle- Mary Leffler | 11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely | 10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz | |
| | | | 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 | |
| Sun, May 29 | Mon, May 30 | Tue, May 31 | Wed | Thurs | Fri | Sat |
| | | 9:00 – 10:15 am – In Person & Online Level 1 – Carolyn Hazel | | | | |
| | Memorial Day  | 10:45 – 12:00 – In Person & Online Slow & Gentle Yoga – Mary Leffler | | | | |
| | | 5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley | | | | |

Preregister is required for Both In Studio and Online Classes through MindBody
or at info@glenmoreyoga.com * GlenmoreYoga.com * 804.741.5267