

# Glenmore Yoga In Person & Online

June 19 - 30, 2022

Sun, June 19	Mon, June 20	Tue, June 21	Wed, June 22	Thurs, June 23	Fri, June 24	Sat, June 25
	9:00 – 10:15 am – In Person & Online Level 2 – <b>Randi Weiss</b>	9:00 – 10:15 am – In Person & Online Level 1 – <b>Debbie Stewart</b>	9:00 – 10:30 am – In Person & Online Yin Yoga- <b>Kerry Shultz</b>	9:00 – 10:15 am – In Person & Online Lev 2 & 3– <b>Rodney Bradley</b>	9:00 – 10:15 am – In Person & Online Level 3 Yoga <b>Kerry Shultz</b>	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- <b>Kerry Shultz</b>
	10:30 – 11:45 am – In Person & Online Ageless Yoga – <b>Louise Mason</b>	10:45 – 12:00 – In Person & Online Slow & Gentle Yoga - <b>Mary Leffler</b>	10:45 – 12:00 – In Person Ageless Lev 1 <b>Carolyn Hazel</b>	10:30 – 11:45 am – Online Ageless Level 1 – <b>Mary Leffler</b>	10:30 – 11:45 am – In Person Level 1 Yoga – <b>Christina Evans</b>	
		<b>Summer Solstice Themed Classes Today</b>	11:00 – 12:15 – In Person Ageless Gentle- <b>Christina Evans</b> Online recording available	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – <b>Chris Riely</b>	10:30 – 11:45 am – Online Tibetan Rites – <b>Kim Leibowitz</b>	
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – <b>Rodney Bradley</b>	5:30 – 6:45 pm – In Person Ageless/ Bone Strengthening – <b>Chris Riely</b>	6:00 – 7:15 pm – Online Level 1 Yoga – <b>Kerry Shultz</b>	12:30 – 1:45 pm- Online Chair Yoga – <b>Sandy Axelson</b>	
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– <b>Kerry Shultz</b>			
Sun, June 26	Mon, June 27	Tues, June 28	Wed, June 29	Thurs, June 30		
	9:00 – 10:15 am – In Person & Online Level 2 – <b>Kerry Shultz</b>	9:00 – 10:15 am – In Person & Online Level 1 – <b>Debbie Stewart</b>	9:00 – 10:30 am – In Person & Online Yin Yoga- <b>Erin Forsyth</b>	9:00 – 10:15 am – In Person & Online Lev 2 & 3– <b>Louise Mason</b>		
	10:30 – 11:45 am – In Person & Online Ageless Yoga – <b>Mary Lou Bean</b>	10:45 – 12:00 – In Person & Online Slow & Gentle Yoga – <b>Mary Leffler</b>	10:45 – 12:00 – In Person Ageless Lev 1 <b>Mary Lou Bean</b>	10:30 – 11:45 am – Online Ageless Level 1 – <b>Mary Leffler</b>		
			11:00 – 12:15 – In Person & Online Ageless Gentle - <b>Carolyn Hazel</b>	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – <b>Chris Riely</b>		
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – <b>Rodney Bradley</b>	5:30 – 6:45 pm – In Person Ageless/ Bone Strengthening – <b>Chris Riely</b>	6:00 – 7:15 pm – Online Level 1 Yoga – <b>Kerry Shultz</b>		
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– <b>Kerry Shultz</b>			

**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**