

Glenmore Yoga In Person & Online

November 1 – 12, 2022

Sun	Mon	Tue, Nov 1	Wed, Nov 2	Thurs, Nov 3	Fri, Nov 4	Sat, Nov 5
		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 Rodney Bradley	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
		10:00 – 11:15 am – In Person Ageless/ Bone Strengthening – Carolyn Hazel	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:40 am – Online Ageless Level 1 Pre-recording with Mary available upon request.	10:30 – 11:45 am – In Person Level 1 Yoga on the Ball – Christina Evans	
		10:45 – 12:00 – In Person & Online Slow & Gentle Yoga – Jim Theobald	11:00 – 12:15 – In Person Ageless Gentle- Christina Evans Online recording available	11:00 – 12:15 – In Person Ageless/ Bone Strengthening –Canceled Resuming Nov 10	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	
Sun, Nov 6	Mon, Nov 7	Tues, Nov 8	Wed, Nov 9	Thurs, Nov 10	Fri, Nov 11	Sat, Nov 12
	9:00 – 10:15 am – In Person 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 Ageless Yoga – Mary Lou Bean	10:00 – 11:15 am – In Person Ageless/ Bone Strengthening – Chris Riely	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:40 am – Online Ageless Level 1 Pre-recording with Mary available upon request.	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss	10:45 – 12:00 – In Person & Online Slow & Gentle Yoga – Mary Leffler	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	“Gather at Glenmore” 1:00 – 3:00 pm
	5:30 – 6:45 pm – In Studio YogaMotion – Rodney Bradley	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	

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