

## Glenmore Yoga In Studio & Online April 13 - 30, 2025

Sun, Apr 13	Mon, Apr 14	Tue, Apr 15	Wed, Apr 16	Thurs, Apr 17	Fri, Apr 18	Sat, Apr 19
	9:00 – 10:15 am – In Person & Online Level 2-Kerry Shultz	9:00 – 10:15 am – In Person Level 1- Susie Hayden	9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2 & 3 – Rodney Bradley	9:00 – 10:15 am – In Studio Yin Yoga – Mary Lou Bean	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	9:15 – 10:15 am – Fundamentals Pilates Mat Class paused till April 22	9:15 – 10:30 – Interm/Adv Pilates Mat Class – Dianne Powers	9:15 – 10:30 am – In Studio Level 1 – Randi Weiss	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
	10:45 – 12:00 – In Studio Restorative Yoga Kristi Pollard	10:45 – 12:00 – Beginner Pilates Mat Class paused till April 22	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 – Online Tibetan Rites – Kim Leibowitz	
		11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Christina E	11:00 – 12:15 – In Studio Gentle Yoga – Christina Evans	10:45 – 12:00 – Beginner/Interm Pilates Mat Class – Dianne Powers	10:45 – 12:00 – In Studio Mixed Level Yoga on the Ball – Susie Hayden	
				11:00 – 12:15 – In Studio YOGAbility – Rodney B		
		5:00 – 6:15 pm – In Person & Online Level 1&2- Tracy Burkard	6:00 – 7:15 pm – In Person & Online Level 2 & 3–Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kerry Shultz		
Sun, April 20	Mon, April 21	Tues, April 22	Wed, April 23	Thurs, April 24	Fri, April 25	Sat, April 26
	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 – Rodney Bradley	9:00 – 10:15 am – In Studio Yin 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	9:15 – 10:15 am – Fundamentals Pilates Mat Class – Dianne Powers	9:15 – 10:30 – Interm/Adv Pilates Mat Class – Dianne Powers	9:15 – 10:30 am – In Studio Level 1 – Debbie Stewart	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
	10:45 – 12:00 – In Studio Restorative Yoga Kristi Pollard	10:45 – 12:00 – Beginner Pilates Mat Class – Dianne Powers	10:45 – 12:00 – In Studio Ageless Lev 1 – Mary Lou Bean	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 – Online Tibetan Rites paused till May 2 <sup>nd</sup>	
		11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Christina E	11:00 – 12:15 – In Studio Gentle Yoga – Carolyn Hazel	10:45 – 12:00 – Beginner/Interm Pilates Mat Class – Dianne Powers	10:45 – 12:00 – In Studio Gentle Chair Yoga – Carolyn Hazel	
				11:00 – 12:15 – In Studio YOGAbility - Rodney B		
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel		6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Tracy Burkard		
		5:30 – 6:45 pm – Flow Pilates Mat Class – Dianne Powers	6:00 – 7:15 pm – In Person & Online Level 2 & 3–Kerry Shultz	6:30 – 7:30 – In Studio Sound Bath – Kelly Wolf		
Sun, April 27	Mon, April 28	Tue, April 29	Wed, April 30	Thurs	Fri	Sat
	9:00 – 10:15 am – Level 2 Yoga -Kerry Shultz	9:00 – 10:15 am – Level 1 Yoga - Debbie S	9:00 – 10:30 am – Yin Yoga- Erin Forsyth			
4:00 – 5:30 pm – In Studio & Online Sunday Restorative –Kerry	10:30 – 11:45 am – In Person & Online Ageless Yoga-Mary Lou Bean	9:15 – 10:15 am – Fundamentals Pilates Mat Class – Dianne Powers	9:15 – 10:30 – Interm/Adv Pilates Mat Class – Dianne Powers			
	10:45 – 12:00 – In Studio Restorative Yoga Kristi Pollard	10:45 – 12:00 – Beginner Pilates Mat Class – Dianne Powers	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean			Preregister is required for Both In Studio and Online Classes through MindBody info@glenmoreyoga.com GlenmoreYoga.com 804*741*5267
		11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Christina E	11:00 – 12:15 – In Studio Gentle Yoga – Christina Evans			
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel	6:00 – 7:15 pm – In Person & Online Level 2 & 3 VinYin–Kerry S			
		5:30 – 6:45 pm – Flow Pilates Mat- Dianne P				