

# Glenmore Yoga In Studio & Online Feb 1 - 15, 2025

Sun	Mon	Tue	Wed	Thurs	Fri	Sat, Feb 1
						9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
Sun, Feb 2	Mon, Feb 3	Tues, Feb 4	Wed, Feb 5	Thurs, Feb 6	Fri, Feb 7	Sat, Feb 8
	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 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	10:45 – 12:00 – Online Flow Pilates Mat Class with Dianne Powers	9:15 – 10:30 – In Studio Yoga to the Core Susie Hayden	9:15 – 10:30 am – In Studio Level 1 – Debbie Stewart	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
4:00 – 5:30 – Partner Yoga – Randi W & Susie H	10:45 – 12:00 – In Studio Restorative Yoga Kristi Pollard	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Christina E	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 Studio Gentle Yoga - Christina Evans	10:45 – 12:00 – Fundamentals Pilates Mat Class – Sabrina Henderson	10:45 – 12:00 – In Studio Mixed Level Yoga on the Ball – Susie H	
				11:00 – 12:15 - In Studio YOGAbility – Rodney Bradley		
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel	6:00 – 7:15 pm – In Person & Online Level 2 & 3-Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Tracy Burkard		
Sun, Feb 9	Mon, Feb 10	Tue, Feb 11	Wed, Feb 12	Thurs, Feb 13	Fri, Feb 14	Sat, Feb 15
	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	10:45 – 12:00 – Online Flow Pilates Mat Class with Dianne Powers	9:15 – 10:30 – In Studio Yoga to the Core Rodney Bradley	9:15 – 10:30 am – In Studio Level 1 – Susie Hayden	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
	10:45 – 12:00 – In Studio Restorative Yoga Kristi Pollard	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Christina E	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 Studio Gentle Yoga – Carolyn Hazel	10:45 – 12:00 – Fundamentals Pilates Mat Class – Sabrina Henderson		
				11:00 – 12:15 - In Studio YOGAbility – Rodney Bradley		
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel	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		
				6:30 – 7:30 – In Studio Sound Bath – Kelly Wolf		

**Preregister is required for Both In Studio and Online Classes through MindBody  
[info@glenmoreyoga.com](mailto:info@glenmoreyoga.com) \* [GlenmoreYoga.com](http://GlenmoreYoga.com) \* 804-741-5267**