

# Glenmore Yoga In Studio & Online

## January 15 - 31, 2022

| Sun, Jan 15   | Mon, Jan 16   | Tue, Jan 17   | Wed, Jan 18  | Thurs, Jan 19   | Fri, Jan 20  | Sat, Jan 21  |
|---|---|---|--|---|--|--|
|   | 9:00 – 10:15 am –<br>In Person &<br>Online Level 2 –<br>Randi Weiss         | 9:00 – 10:15 am –<br>In Person &<br>Online Level 1 –<br>Louise Mason        | 9:00 – 10:30 am –<br>In Person &<br>Online Yin Yoga-<br>Erin Forsyth         | 9:00 – 10:15 am –<br>In Person &<br>Online Lev 2 & 3–<br>Randi Weiss        | 9:00 – 10:15 am –<br>In Person &<br>Online Level 3 Yoga<br>Randi Weiss | 9:00 – 10:15 am –<br>In Person &<br>Online Mixed Level Yoga-<br>Kerry Shultz         |
|   | 10:30 – 11:45 am –<br>In Person & Online Ageless<br>Yoga – Mary Lou Bean    | 9:45 – 11:00 am –<br>In Person Ageless/ Bone<br>Strengthening – Chris Riely | 10:45 – 12:00 –<br>In Person Ageless Lev 1 -<br>Mary Lou Bean                | 9:45 – 11:00 am –<br>In Person Ageless/ Bone<br>Strengthening – Cancelled   | 10:30 – 11:45 am –<br>In Person Level 1<br>Christina Evans             |  |
|   | 12:00 – 1:00 pm –<br>Online Meditation & Book<br>Study Series – Randi Weiss | 10:45 – 12:00 –<br>Flow Pilates In Studio Mat<br>Class – Dianne Powers      | 11:00 – 12:15 –<br>In Person & Online<br>Ageless Gentle- Carolyn             | 10:30 – 11:45 am –<br>In Studio Pilates Mat Class-<br>Dianne Powers         | 10:30 – 11:45 am –<br>Online Tibetan Rites –<br>Kim Leibowitz          |  |
|   | 5:30 – 6:45 pm –<br>6 Week Online Pelvic Floor<br>- Sandy Axelson           | 11:30 – 12:45 –<br>In Person & Online Slow &<br>Gentle Yoga - Mary Leffler  | 6:00 – 7:15 pm –<br>In Person &<br>Online Lev 2 & 3– Kerry                   | 10:30 – 11:45 am –<br>Online Chair Yoga –<br>Sandy Axelson                  |  |  |
|   |   | 5:00 – 6:15 pm –<br>In Person & Online<br>Level 1&2 -Rodney Bradley         |  | 6:00 – 7:15 pm –<br>Online Level 1 Yoga –<br>Kerry Shultz                   |  |  |
| Sun, Jan 22   | Mon, Jan 23   | Tues, Jan 24  | Wed, Jan 25  | Thurs, Jan 26   | Fri, Jan 27  | Sat, Jan 28  |
|   | 9:00 – 10:15 am –<br>In Person &<br>Online Level 2 –<br>Kerry Shultz        | 9:00 – 10:15 am –<br>In Person &<br>Online Level 1 –<br>Randi Weiss         | 9:00 – 10:30 am –<br>In Person &<br>Online Yin Yoga-<br>Erin Forsyth         | 9:00 – 10:15 am –<br>In Person &<br>Online Lev 2 & 3–<br>Randi Weiss        | 9:00 – 10:15 am –<br>In Person &<br>Online Level 3 Yoga<br>Randi Weiss | 9:00 – 10:15 am –<br>In Person &<br>Online Mixed Level Yoga-<br>Kerry Shultz         |
| 4:00 – 5:30 pm –<br>In Studio & Online<br>Sunday Restorative Yoga –<br>Kerry Shultz | 10:30 – 11:45 am –<br>In Person & Online Ageless<br>Yoga – Mary Lou Bean    | 9:45 – 11:00 am –<br>In Person Ageless/ Bone<br>Strengthening – Chris Riely | 10:45 – 12:00 –<br>In Person Ageless Lev 1 -<br>Mary Lou Bean                | 9:45 – 11:00 am –<br>In Person Ageless/ Bone<br>Strengthening – Chris Riely | 10:30 – 11:45 am –<br>In Person Yoga on the<br>Ball –Christina Evans   |  |
|   | 12:00 – 1:00 pm –<br>Online Meditation & Book<br>Study Series – Randi Weiss | 10:45 – 12:00 –<br>Flow Pilates In Studio Mat<br>Class – Dianne Powers      | 11:00 – 12:15 –<br>In Person Ageless Gentle –<br>Christina (recording avail) | 10:30 – 11:45 am –<br>In Studio Pilates Mat Class-<br>Dianne Powers         | 10:30 – 11:45 am –<br>Online Tibetan Rites –<br>Kim Leibowitz          |  |
|   | 5:30 – 6:45 pm –<br>6 Week Online Pelvic Floor<br>- Sandy Axelson           | 11:30 – 12:45 –<br>In Person & Online Slow &<br>Gentle Yoga - Mary Leffler  | 6:00 – 7:15 pm –<br>In Person &<br>Online Lev 2 & 3– Kerry                   | 10:30 – 11:45 am –<br>Online Chair Yoga –<br>Sandy Axelson                  |  |  |
|   |   | 5:00 – 6:15 pm –<br>In Person & Online<br>Level 1&2 -Rodney Bradley         |  | 6:00 – 7:15 pm –<br>Online Level 1 Yoga –<br>Kerry Shultz                   |  |  |
| Sun, Jan 29   | Mon, Jan 30   | Tue, Jan 31   | Wed  | Thurs   | Fri  | Sat  |
|   | 9:00 – 10:15 am –<br>In Person &<br>Online Level 2-Randi Weiss              | 9:00 – 10:15 am –<br>In Person & Online Level 1<br>- Debbie Stewart         |  |   |  |  |
| 3:30 – 5:30 pm –<br>In Studio Yoga for Better<br>Sleep – Sue Agee                   | 10:30 – 11:45 am –<br>In Person & Online Ageless<br>Yoga – Mary Lou Bean    | 9:45 – 11:00 am –<br>In Person Ageless/ Bone<br>Strengthening – Chris Riely |  |   |  |  |
|   | 12:00 – 1:00 pm –<br>Online Meditation & Book<br>Study Series – Randi Weiss | 10:45 – 12:00 –<br>Flow Pilates In Studio Mat<br>Class – Dianne Powers      |  |   |  | Preregister is required for<br>Both In Studio and Online<br>Classes through MindBody |
|   | 5:30 – 6:45 pm –<br>6 Week Online Pelvic Floor<br>- Sandy Axelson           | 11:30 – 12:45 –<br>In Person & Online Slow &<br>Gentle Yoga – Mary Leffler  |  |   |  | info@glenmoreyoga.com<br>GlenmoreYoga.com<br>804*741*5267                            |
|   |   | 5:00 – 6:15 pm –<br>In Person & Online<br>Level 1&2 -Rodney Bradley         |  |   |  |  |