

Glenmore Yoga Schedule July 1 - 18, 2026

Sun	Mon	Tue	Wed, July 1	Thurs, July 2	Fri, July 3	Sat, July 4
			9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Vinyasa Flow– Rodney Bradley	8:45 – 10:00 am – In Studio Vinyasa Flow – Laurie Owens	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
			9:15 – 10:30 – Interm/Adv Pilates Mat Class – Dianne Powers	9:15 – 10:30 am – In Studio Level 1 – Randi Weiss	9:00 – 10:15 am – In Studio Yin Yoga – Randi Weiss	
			10:45 – 12:00 – Ageless Level 1 Yoga – Christina Evans	10:45 – 12:00 – Flow Pilates Mat Class – Dianne Powers	10:30 – 11:45 am – In Studio Ageless Yoga – Lois Broocker	
			11:00 – 12:15 – Gentle Yoga – Lois Broocker	11:00 – 12:15 - YOGAbility-Rodney Bradley	10:30 – 11:45 – Online Tibetan Rites – Kim Leibowitz	
			6:00 – 7:15 pm – In Person & Online Vinyasa Flow – Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Tracy Burkard	10:45 – 11:45 – Chair Pilates – Dianne Powers	
Sun, July 5	Mon, July 6	Tues, July 7	Wed, July 8	Thurs, July 9	Fri, July 10	Sat, July 11
	9:00 – 10:15 am – In Person & Online Level 2- Kerry Shultz	9:00 – 10:15 am – In Studio & Online Level 1- Susie Hayden	9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Vinyasa Flow– Randi Weiss	8:45 – 10:00 am – In Studio Vinyasa Flow – Laurie Owens	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
	10:30 – 11:45 am – In Studio Ageless Yoga – Lois Broocker	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 – Susie Hayden	9:00 – 10:15 am – In Studio Yin Yoga – Randi Weiss	
	10:45 – 12:00 – Restorative Yoga Kristi Pollard	10:45 – 12:00 – Slow Flow Pilates Mat Class – Dianne Powers	10:45 – 12:00 – Ageless Level 1 Yoga – Christina Evans	10:45 – 12:00 – Flow Pilates Mat Class – Dianne Powers	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
		11:00 – 12:15 – In Person Ageless/ Bone Strengthening-Christina E	11:00 – 12:15 – Gentle Yoga – Laurie Owens	11:00 – 12:15 - YOGAbility- Rodney Bradley	10:30 – 11:45 – Online Tibetan Rites – Kim Leibowitz	
		5:00 – 6:15 pm – In Studio & Online Level 1- Tracy Burkard	6:00 – 7:15 pm – In Person & Online Vinyasa Flow – Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Laurie Owens	10:45 – 11:45 – Chair Yoga for Bone Strength – Tracy Burkard	
Sun, July 12	Mon, July 13	Tue, July 14	Wed, July 15	Thurs, July 16	Fri, July 17	Sat, July 18
	9:00 – 10:15 am – In Person & Online Level 2- Laurie Owens	9:00 – 10:15 am – In Studio & Online Level 1- Susie Hayden	9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Vinyasa Flow– Rodney Bradley	8:45 – 10:00 am – In Studio Vinyasa Flow – Laurie Owens	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Susie Hayden
	10:30 – 11:45 am – In Studio 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 – Susie Hayden	9:00 – 10:15 am – In Studio Yin Yoga – Randi Weiss	
	10:45 – 12:00 – Restorative Yoga Kristi Pollard	10:45 – 12:00 – Slow Flow Pilates Mat Class – Dianne Powers	10:45 – 12:00 – Ageless Level 1 Yoga – Mary Lou Bean	10:45 – 12:00 – Flow Pilates Mat Class – Dianne Powers	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	Preregister is required for All Classes
		11:00 – 12:15 – In Person Ageless/ Bone Strengthening-Christina E	11:00 – 12:15 – Gentle Yoga – Laurie Owens	11:00 – 12:15 - YOGAbility- Rodney Bradley	10:30 – 11:45 – Online Tibetan Rites – Kim Leibowitz	info@glenmoreyoga.com GlenmoreYoga.com 804*741*5267
		5:00 – 6:15 pm – In Studio & Online Level 1- Laurie Owens	6:00 – 7:15 pm – In Person & Online Vinyasa Flow – Laurie Owens	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Tracy Burkard	10:45 – 11:45 – Chair Pilates – Dianne Powers	
				6:30 – 7:30 – Sacral Sound Bath – Kelly Wolf		