

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

Sun	Mon	Tue	Wed	Thurs	Fri	Sat, Mar 1
						9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
Sun, Mar 2	Mon, Mar 3	Tues, Mar 4	Wed, Mar 5	Thurs, Mar 6	Fri, Mar 7	Sat, Mar 8
	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 – 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 – 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 - Christina Evans	10:45 – 12:00 – Fundamentals Pilates Mat Class – Sabrina Henderson	10:45 – 12:00 – In Studio Gentle Chair Yoga – Carolyn Hazel	
				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, Mar 9	Mon, Mar 10	Tue, Mar 11	Wed, Mar 12	Thurs, Mar 13	Fri, Mar 14	Sat, Mar 15
	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 – 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-Carolyn Hazel	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 Christina Evans	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 – Carolyn Hazel	10:45 – 12:00 – Beginner/Interm Pilates Mat Class – Dianne Powers		
				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		

**Preregister is required for Both In Studio and Online Classes through MindBody  
info@glenmoreyoga.com \* GlenmoreYoga.com \* 804-741-5267**