

## Glenmore Yoga In Studio & Online May 1 - 18, 2024

Sun	Mon	Tue	Wed, May 1	Thurs, May 2	Fri, May 3	Sat, May 4
			9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2– 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
			9:15 – 10:30 – In Studio Flow Pilates Mat Class – Dianne Powers	9:00 am – 1:30 pm – Namaste in Nature – Randi Weiss	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
			10:45 – 12:00 –In Studio Ageless Lev 1-Mary Lou B	10:30 – 11:45 am-Online Chair Yoga –Sandy Axelson	10:30 – 11:45 –Online Tibetan Rites –Kim L	
			11:00 – 12:15 – In Studio Gentle Yoga - Carolyn Hazel	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:45 – 12:00 – In Studio Level 1 & 2 Yoga on the Ball – Susie Hayden	
				11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3–Kerry S	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kerry Shultz		
Sun, May 5	Mon, May 6	Tues, May 7	Wed, May 8	Thurs, May 9	Fri, May 10	Sat, May 11
	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– Debbie Stewart	9:00 – 10:15 am – In Studio Yin Yoga – Paused till 5/17	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	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Christina E	9:15 – 10:30 – In Studio Flow Pilates Mat Class – Dianne Powers	9:15 – 10:30 am – In Person Level 3 Yoga - Rodney Bradley	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
		10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	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 am – Pre Recording of Tibetan Rites class available	
		11:15 – 12:30 – In Studio Restorative Yoga- Carolyn Hazel	11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P		
				11:00 – 12:15 –In Studio YOGAbility – Rodney B		
	5:30 – 6:45 pm – In Studio YogaMotion – Rodney Bradley	5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel	6:00 – 7:15 pm – In Person & Online VinYin Lev 2 & 3–Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kerry Shultz	6:00 – 7:15 pm Rock the Mantra – Sue Agee & Andie	
Sun, May 12	Mon, May 13	Tue, May 14	Wed, May 15	Thurs, May 16	Fri, May 17	Sat, May 18
	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– 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	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Christina E	9:15 – 10:30 – In Studio Flow Pilates Mat Class – Dianne Powers	9:00 am – 1:30 pm – Namaste in Nature – Randi Weiss	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
		10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		11:15 – 12:30 – In Studio Restorative Yoga Kristi Pollard	11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:45 – 12:00 – In Studio Level 1 & 2 Yoga on the Ball – Susie Hayden	Preregister is required for Both In Studio and Online Classes through MindBody
				11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		info@glenmoreyoga.com GlenmoreYoga.com 804*741*5267
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel	6:00 – 7:15 pm – In Person & Online VinYin Lev 2 & 3–Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Tracy Burkard		