



Glenmore Yoga In Person & Online

September 17 - 30, 2023

Sun, Sept 17	Mon, Sept 18	Tue, Sept 19	Wed, Sept 20	Thurs, Sept 21	Fri, Sept 22	Sat, Sept 23
	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- Mary Lou Bean	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Debbie Stewart	9:00 – 10:15 am – In Person & Online Level 3 Yoga Paused & resuming 9/29	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 Evans	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am – In Person Level 1 Louise Mason	10:30 – 12:30 – In Studio Aromatherapy Yoga – Carolyn Hazel
	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss	10:45 – 12:00 – Flow Pilates In Studio Mat Class – Dianne Powers	11:00 – 12:15 – In Studio & Online Gentle Yoga on the Ball- Carolyn Hazel 	10:45 – 12:00 – Fundamentals Pilates Mat Class cancelled, resuming Week of Sept 25th	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		11:30 – 12:45 – In Person & Online Slow & Gentle Yoga – Jim Theobald	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz		
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Carolyn Hazel				
Sun, Sept 24	Mon, Sept 25	Tues, Sept 26	Wed, Sept 27	Thurs, Sept 28	Fri, Sept 29	Sat, Sept 30
	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 Person & Online Level 3 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 Evans	9:15 – 10:30 – Flow Pilates In Studio Mat Class – Dianne Powers	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am –  In Person Yoga on the Ball –Christina Evans	
		10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne Powers	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne Powers	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		11:30 – 12:45 – In Person & Online Slow & Gentle Yoga – Christina Evans	11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz		
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Carolyn Hazel	6:00 – 7:15 pm – In Person & Online Lev 2 & 3 VinYin - Kerry Shultz			

Preregister is required for Both In Studio and Online Classes through MindBody

or at info@glenmoreyoga.com * GlenmoreYoga.com * 804.741.5267