

Glenmore Yoga In Person & Online

January 1 - 14, 2023

Sun, Jan 1	Mon, Jan 2	Tue, Jan 3	Wed, Jan 4	Thurs, Jan 5	Fri, Jan 6	Sat, Jan 7
	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- Mary Lou Bean	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Kerry Shultz	9:00 – 10:15 am – In Person & Online Level 3 Yoga Rodney Bradley	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 – Chris Riely	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Chris Riely	10:30 – 11:45 am – In Person Level 1 Christina Evans	
		10:45 – 12:00 – Flow Pilates In Studio Mat Class will begin Jan 10 with Dianne Powers	11:00 – 12:15 – In Person & Online Ageless Gentle- Carolyn Hazel	10:30 – 11:45 am – In Studio 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 – Mary Leffler		10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson		
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz		
Sun, Jan 8	Mon, Jan 9	Tues, Jan 10	Wed, Jan 11	Thurs, Jan 12	Fri, Jan 13	Sat, Jan 14
	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– 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 – Chris Riely	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Carolyn H	10:30 – 11:45 am – In Person Yoga on the Ball –Christina Evans	
		10:45 – 12:00 – Flow Pilates In Studio Mat Class – Dianne Powers	11:00 – 12:15 – In Person Ageless Gentle- Christina Evans Online recording available	10:30 – 11:45 am – In Studio Pilates Mat Class- Dianne Powers	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
	5:30 – 6:45 pm – 6 Week Online Pelvic Floor Series – Sandy Axelson	11:30 – 12:45 – In Person & Online Slow & Gentle Yoga – Mary Leffler		10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson		
	5:30 – 6:45 pm – In Studio YogaMotion – Rodney Bradley	5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz		

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

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