

Glenmore Yoga In Person & Online

November 19 – Dec 2, 2023

Sun, Nov 19	Mon, Nov 20	Tue, Nov 21	Wed, Nov 22	Thurs, Nov 23	Fri, Nov 24	Sat, Nov 25
	9:00 – 10:15 am – In Studio & 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 Mixed Level Yoga- Randi Weiss
	10:30 – 11:45 am – In Studio & 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 Cancelled & returns 11/29	Happy Thanksgiving 	Center is Closed	
	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss	10:45 – 12:00 – Flow Pilates In Studio Mat Cancelled & returns 11/28	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean		10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		11:30 – 12:45 – In Person & Online Slow & Gentle Yoga – Mary Leffler	11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans			
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Carolyn Hazel	6:00 – 7:15 pm – In Person & Online Lev 2 & 3- Cancelled & returns 11/29			
Sun, Nov 26	Mon, Nov 27	Tues, Nov 28	Wed, Nov 29	Thurs, Nov 30	Fri, Dec 1	Sat, Dec 2
	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- Rodney Bradley	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 Studio Ageless/ Bone Strengthening – Christina Evans	9:15 – 10:30 – Flow Pilates In Studio Mat Class – Dianne Powers	9:15 – 10:30 am – In Person Level 3 Yoga - Randi Weiss	10:30 – 11:45 am – In Studio Yoga for Hips – Susie Hayden	
	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne Powers	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		11:30 – 12:45 – In Studio & Online Slow & Gentle Yoga – Mary Leffler	11:00 – 12:15 – In Studio Gentle Yoga - Carolyn Hazel	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P		
				11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		
		5:00 – 6:15 pm – In Studio & Online Level 1 & 2 – Carolyn Hazel	6:00 – 7:15 pm – In Studio & Online Lev 2 & 3 YinYin - Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kerry Shultz		

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

*** GlenmoreYoga.com * 804.741.5267**