

Glenmore Yoga In Person & Online

April 1 - 13, 2024

Sun	Mon, April 1	Tue, April 2	Wed, April 3	Thurs, April 4	Fri, April 5	Sat, April 6
	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- Kerry Shultz	9:00 – 10:15 am – In Person & Online Lev 2– Randi Weiss	9:00 – 10:15 am – In Studio Yin Yoga – Randi Weiss	9:00 – 10:15 am – In Studio & Online Mixed Level Yoga- Rodney Bradley
	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 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 – 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 – Pre Recording available	
		11:15 – 12:30 – In Studio Restorative Yoga Kristi Pollard	11:00 – 12:15 – In Studio Gentle Yoga - Carolyn Hazel	10:45 – 12:00 – Fundamentals 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 Studio & Online Lev 2 & 3 - Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kristi Pollard		
Sun, April 7	Mon, April 8	Tues, April 9	Wed, April 10	Thurs, April 11	Fri, April 12	Sat, April 13
	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 Studio Yin Yoga – TBD	9:00 – 10:15 am – In Studio & 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 Mat Class – Dianne Powers	9:15 – 10:30 am – In Person Level 3 Yoga - Paused till 4/18	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
		10:45 – 12:00 – Fundamentals Pilates Mat Class-Dianne Powers	10:45 – 12:00 – In Person Ageless Lev 1 Carolyn Hazel	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am – Online Tibetan Rites – New Recording available	
		11:15 – 12:30 – In Studio Restorative Yoga Kristi Pollard	11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans	10:45 – 12:00 – Fundamentals Pilates Mat Class-Dianne Powers	10:45 – 12:00 – In Studio Level 1 & 2 Yoga on the Ball - Susie Hayden	
				11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		
	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 Studio & Online Lev 2 & 3 VinYin - 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**