


Glenmore Yoga In Person & Online

March 17 – 31, 2024

Sun, Mar 17	Mon, Mar 18	Tue, Mar 19	Wed, Mar 20	Thurs, Mar 21	Fri, Mar 22	Sat, Mar 23
	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– Debbie Stewart	9:00 – 10:15 am – In Studio Yin Yoga – Randi Weiss	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 Person Ageless/ Bone Strengthening – Carolyn Hazel	9:15 – 10:30 – Flow Pilates Mat Class – Paused till 4/3	9:15 – 10:30 am – In Person Level 3 Yoga - Randi Weiss	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
	12:00 – 1:00 pm – 12 Week Online Meditation & Book Study- Randi Weiss	10:45 – 12:00 – Fundamentals Pilates Mat Class paused till 4/2	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Chair Yoga paused till March 28	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 - Carolyn Hazel	10:45 – 12:00 – Fundamentals Pilates Mat Class paused till 4/4	10:45 – 12:00 – In Studio Level 1 & 2 Fun with Props- Susie Hayden	
				11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		
		5:00 – 6:15 pm – In Person Level 1 & 2 – Susie Hayden	6:00 – 7:15 pm – In Studio & Online Lev 2 & 3 - Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kerry Shultz		
Sun, Mar 24	Mon, Mar 25	Tues, Mar 26	Wed, Mar 27	Thurs, Mar 28	Fri, Mar 29	Sat, Mar 30
	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 – Randi Weiss	9:00 – 10:15 am – In Studio & Online Mixed Level Yoga- Kerry Shultz
4:00 – 5:30 pm – Sunday Restorative 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 – Paused till 4/3	9:15 – 10:30 am – In Person Level 3 Yoga - Randi Weiss	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
	12:00 – 1:00 pm – 12 Week Online Meditation & Book Study –Randi Weiss	10:45 – 12:00 – Fundamentals Pilates Mat Class paused till 4/2	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	
Sun, Mar 31		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 paused till 4/4	10:45 – 12:00 – In Studio Level 1 & 2 Yoga on the Ball- Susie Hayden	
				11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		
		5:00 – 6:15 pm – In Studio 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 – Kristi Pollard		

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

* GlenmoreYoga.com * 804.741.5267