

Glenmore Yoga In Studio & Online August 18 - 31, 2024

Sun, Aug 18	Mon, Aug 19	Tue, Aug 20	Wed, Aug 21	Thurs, Aug 22	Fri, Aug 23	Sat, Aug 24
	9:00 – 10:15 am – In Person & Online Level 2-Kerry Shultz	9:00 – 10:15 am – In Person 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 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 E	9:15 – 10:30 – In Studio Flow Pilates Mat Class – Dianne Powers	9:15 – 10:30 am – In Person Level 3 Yoga – Randi Weiss	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
		10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:45 – 12:00 – In Studio 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	
		11:15 – 12:30 – In Studio Restorative Yoga Kristi Pollard	11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:45 – 12:00 – Pop Up Mixed Level Yoga on the Ball – Susie Hayden	
				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 Person & Online Lev 2 & 3–Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kerry Shultz		
Sun, Aug 25	Mon, Aug 26	Tues, Aug 27	Wed, Aug 28	Thurs, Aug 29	Fri, Aug 30	Sat, Aug 31
	9:00 – 10:15 am – In Person & Online Level 2-Randi Weiss	9:00 – 10:15 am – In Studio 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 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	9:15 – 10:30 – In Studio Flow Pilates Mat Class – Dianne Powers	9:15 – 10:30 am – In Person Level 3 Yoga – Randi Weiss	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
		10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Pause Online Chair Yoga Till Sept 12	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		11:15 – 12:30 – In Studio Restorative Yoga Carolyn Hazel	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 Person & Online Level 1&2- Carolyn Hazel	6:00 – 7:15 pm – In Person & Online VinYin Lev 2 & 3–Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Tracy Burkard		

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

*** GlenmoreYoga.com * 804.741.5267**