

## Glenmore Yoga In Studio & Online December 1 – 14, 2024

Sun, Dec 1	Mon, Dec 2	Tue, Dec 3	Wed, Dec 4	Thurs, Dec 5	Fri, Dec 6	Sat, Dec 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- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2 & 3 – 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 E	9:15 – 10:30 – Yoga to the Core – Susie Hayden	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
	12:00 – 1:00 – Online Meditation & Book Study series – Randi Weiss	10:45 – 12:00 – Online Flow Pilates Mat Class starting Dec 10 with Dianne Powers	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Sabrina Henderson	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	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 YinYin– Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Tracy Burkard		
Sun, Dec 8	Mon, Dec 9	Tues, Dec 10	Wed, Dec 11	Thurs, Dec 12	Fri, Dec 13	Sat, Dec 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 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 – Yoga to the Core – Rodney Bradley	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
	12:00 – 1:00 – Online Meditation & Book Study series – Randi Weiss	10:45 – 12:00 – Online Flow Pilates Mat Class with Dianne Powers	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Sabrina Henderson	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	11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley	10:45 – 12:00 – Pop Up In Studio Gentle Chair Yoga – Carolyn Hazel	
		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		

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

**\* GlenmoreYoga.com \* 804.741.5267**