


Glenmore Yoga In Studio & Online November 17 - 30, 2024

Sun, Nov 17	Mon, Nov 18	Tue, Nov 19	Wed, Nov 20	Thurs, Nov 21	Fri, Nov 22	Sat, Nov 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 Level 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 – In Studio Flow Pilates Mat Class – Dianne Powers	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
4:00 – 5:30 pm – In Studio & Online Restorative Yoga – Kerry S	12:00 – 1:00 – Online Meditation & Book Study series – Randi Weiss	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class-Sabrina H	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	11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley	10:45 – 12:00 – In Studio Mixed Level Yoga on the Ball – Susie Hayden	
		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		
			7:00 – 8:15 pm – In Studio Yin Yoga Pop Up Randi Weiss			
Sun, Nov 24	Mon, Nov 25	Tues, Nov 26	Wed, Nov 27	Thurs, Nov 28	Fri, Nov 29	Sat, Nov 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 Mixed Level Yoga- Susie Hayden
	10:30 – 11:45 am – In Person & Online Ageless Yoga- Mary Lou Bean	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Tracy B	9:15 – 10:30 – In Studio Yoga to the Core starting in December	Happy Thanksgiving!		
	12:00 – 1:00 – Online Meditation & Book Study series – Randi Weiss	10:45 – 12:00 – Online Fundamentals Pilates Mat Class starting in December with Dianne P	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean		Center Closed	
		11:15 – 12:30 – In Studio Restorative Yoga Kristi Pollard	11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans			
		5:00 – 6:15 pm – In Person Level 1&2- Susie Hayden	6:00 – 7:15 pm – In Person & Online Lev 2 & 3 Cancelled			

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

*** GlenmoreYoga.com * 804.741.5267**