

## Glenmore Yoga In Studio & Online January 19 – Feb 1, 2025

Sun, Jan 19	Mon, Jan 20	Tue, Jan 21	Wed, Jan 22	Thurs, Jan 23	Fri, Jan 24	Sat, Jan 25`
	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 – Susie Hayden	9:15 – 10:30 am – In Studio Level 1 – Susie Hayden	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
	10:45 – 12:00 – In Studio Restorative Yoga- Kristi Pollard	10:45 – 12:00 – Online Flow Pilates Mat Class with Dianne Powers	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
			11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Sabrina Henderson	10:45 – 12:00 – 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- Tracy Burkard	6:00 – 7:15 pm – In Person & Online Lev 2 & 3–Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Tracy Burkard		
Sun, Jan 26	Mon, Jan 27	Tues, Jan 28	Wed, Jan 29	Thurs, Jan 30	Fri, Jan 31	Sat, Feb 1
	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 – Tracy Burkard	9:15 – 10:30 – Yoga to the Core – Rodney Bradley	9:15 – 10:30 am – In Studio Level 1 – Susie Hayden	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
	10:45 – 12:00 – In Studio Restorative Yoga- Kristi Pollard	10:45 – 12:00 – Online Flow Pilates Mat Class with Dianne Powers	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
4:00 – 5:30 pm – In Studio & Online Sunday Restorative – Kerry Shultz			11:00 – 12:15 – In Studio Gentle Yoga - Carolyn Hazel	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Sabrina Henderson	10:45 – 12:00 – In Studio Gentle Chair Yoga – Carolyn Hazel	
				11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		
	5:30 – 6:45 – In Studio YogaMotion – 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 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**