

# Glenmore Yoga In Studio & Online March 16 - 31, 2025

Sun, March 16	Mon, March 17	Tue, March 18	Wed, March 19	Thurs, March 20	Fri, March 21	Sat, March 22
	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-Rodney Bradley	9:00 – 10:15 am – In Studio Yin Yoga – Randi Weiss	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	9:15 – 10:30 am – Fundamentals Pilates Mat Class – Dianne Powers	9:15 – 10:30 – Interm/Adv Pilates Mat Class – Dianne Powers	9:15 – 10:30 am – In Studio Level 1 – Debbie Stewart	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	10:30 – 12:00 – Aromatherapy Yoga – Carolyn Hazel
4:00 – 5:30 pm – In Studio & Online Sunday Restorative –Kerry	10:45 – 12:00 – In Studio Restorative Yoga Kristi Pollard	10:45 – 12:00 – Beginner Pilates Mat Class – Dianne Powers	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Chair Yoga paused till March 27th	10:30 – 11:45 – Online Tibetan Rites – Kim Leibowitz	
		11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Christina E	11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans	10:45 – 12:00 – Beginner/Interm Pilates Mat Class – Dianne Powers	10:45 – 12:00 – In Studio Mixed Level Yoga on the Ball – Susie Hayden	
				11:00 – 12:15 –In Studio YOGAbility –Rodney B		
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel	6:00 – 7:15 pm – In Person & Online Level 2 & 3–Rodney B	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Tracy Burkard		
				6:30 – 7:30 – In Studio Sound Bath – Kelly Wolf		
Sun, March 23	Mon, March 24	Tues, March 25	Wed, March 26	Thurs, March 27	Fri, March 28	Sat, March 29
	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 – 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	9:15 – 10:30 am – Fundamentals Pilates Mat Class – Dianne Powers	9:15 – 10:30 – Interm/Adv Pilates Mat Class – Dianne Powers	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 – Beginner Pilates Mat Class – 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 – Online Tibetan Rites – Kim Leibowitz	
		11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Christina E	11:00 – 12:15 – In Studio Gentle Yoga - Carolyn Hazel	10:45 – 12:00 – Beginner/Interm Pilates Mat Class – Dianne Powers	10:45 – 12:00 – In Studio Gentle Chair Yoga – Carolyn Hazel	
				11:00 – 12:15 –In Studio YOGAbility –Rodney B		
		5:00 – 6:15 pm – In Person & Online Level 1&2- Tracy Burkard	6:00 – 7:15 pm – In Person & Online Level 2 & 3–Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kerry Shultz		
Sun, March 30	Mon, March 31	Tue	Wed	Thurs	Fri	Sat
10:00 – 3:00 – Movement, Mindful, Madalas – Mary Lou	9:00 – 10:15 am – In Person & Online Level 2-Randi Weiss					
	10:30 – 11:45 am – In Person & Online Ageless Yoga-Mary Lou Bean					
	10:45 – 12:00 – In Studio Restorative Yoga Kristi Pollard					

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