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 –	9:00 – 10:15 am –	9:00 – 10:30 am –	9:00 – 10:15 am –	9:00 - 10:15 am -	9:00 – 10:15 am –
	In Person &	In Person & Online Level 1-	In Person & Online Yin	In Person & Online	In Studio Yin Yoga –	In Person Mixed Level
	Online Level 2-Kerry Shultz	Debbie Stewart	Yoga- Erin Forsyth	Lev 2 & 3-Rodney Bradley	Randi Weiss	Yoga- Susie Hayden
	10:30 – 11:45 am –	9:15 – 10:30 am –	9:15 – 10:30 –	9:15 – 10:30 am –	10:30 – 11:45 am –	10:30 - 12:00 -
	In Person & Online Ageless	Fundamentals Pilates Mat	Interm/Adv Pilates Mat	In Studio Level 1 –	In Studio Ageless Yoga –	Aromatherapy Yoga –
	Yoga-Mary Lou Bean	Class – Dianne Powers	Class – Dianne Powers	Debbie Stewart	Christina Evans	Carolyn Hazel
4:00 – 5:30 pm –	10:45 – 12:00 –	10:45 - 12:00 -	10:45 - 12:00 -	10:30 – 11:45 am –	10:30 – 11:45 –	Carolynnazer
In Studio & Online	In Studio Restorative Yoga	Beginner Pilates Mat Class	In Studio Ageless Lev 1	Online Chair Yoga paused	Online Tibetan Rites –	
Sunday Restorative –Kerry	Kristi Pollard	Dianne Powers	Mary Lou Bean	till March 27th	Kim Leibowitz	
Sunday Restorative - Rerry	KIISti Foliai u	11:00 – 12:15 –	11:00 – 12:15 –	10:45 – 12:00 –	10:45 – 12:00 –	
		In Person Ageless/ Bone	In Studio Gentle Yoga -	Beginner/Interm Pilates	In Studio Mixed Level Yoga	
		Strengthening – Christina E	Carolyn Hazel	Mat Class – Dianne Powers	on the Ball – Susie Hayden	
				11:00 – 12:15 –In Studio		
				YOGAbility –Rodney B		
		5:00 – 6:15 pm –	6:00 – 7:15 pm –	6:00 – 7:15 pm –		
		In Person & Online Level	In Person & Online	In Studio & Online Level 1		
		1&2- Carolyn Hazel	Level 2 & 3–Rodney B	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 -	9:00 – 10:15 am –	9:00 - 10:30 am -	9:00 - 10:15 am -	9:00 - 10:15 am -	9:00 - 10:15 am -
	In Person &	In Person & Online Level 1-	In Person & Online Yin	In Person & Online	In Studio Yin Yoga –	In Person & Online Mixed
	Online Level 2-Randi Weiss	Debbie Stewart	Yoga- Erin Forsyth	Lev 2 & 3 - Randi Weiss	Randi Weiss	Level Yoga- Kerry Shultz
	10:30 - 11:45 am -	9:15 - 10:30 am -	9:15 - 10:30 -	9:15 - 10:30 am -	10:30 - 11:45 am -	
	In Person & Online Ageless	Fundamentals Pilates Mat	Interm/Adv Pilates Mat	In Studio Level 1 –	In Studio Ageless Yoga –	
	Yoga-Mary Lou Bean	Class – Dianne Powers	Class – Dianne Powers	Susie Hayden	Christina Evans	
	10:45 - 12:00 -	10:45 - 12:00 -	10:45 - 12:00 -	10:30 – 11:45 am –	10:30 - 11:45 -	
	In Studio Restorative Yoga	Beginner Pilates Mat Class	In Studio Ageless Lev 1	Online Chair Yoga –	Online Tibetan Rites –	
	Kristi Pollard	- Dianne Powers	Mary Lou Bean	Sandy Axelson	Kim Leibowitz	
		11:00 - 12:15 -	11:00 - 12:15 -	10:45 – 12:00 –	10:45 - 12:00 -	
		In Person Ageless/ Bone	In Studio Gentle Yoga -	Beginner/Interm Pilates	In Studio Gentle Chair	
		Strengthening – Christina E	Carolyn Hazel	Mat Class – Dianne Powers	Yoga – Carolyn Hazel	
		Strengthening Christina L	Carolyn nazer	11:00 – 12:15 –In Studio	1084 Carolyli Hazer	
		5:00 – 6:15 pm –	6:00 – 7:15 pm –	YOGAbility –Rodney B 6:00 – 7:15 pm –		
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		In Person & Online Level	In Person & Online	In Studio & Online Level 1		
Com March 20	Nam Novel 24	1&2- Tracy Burkard	Level 2 & 3–Kerry Shultz	Yoga – Kerry Shultz	F :	C
Sun, March 30	Mon, March 31	Tue	Wed	Thurs	Fri	Sat
10:00 - 3:00 -	9:00 – 10:15 am –					
Movement, Mindful,	In Person &					
Madalas – Mary Lou	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					1

Preregister is required for Both In Studio and Online Classes through MindBody info@glenmoreyoga.com GlenmoreYoga.com 804*741*5267