

Glenmore Yoga In Studio & Online March 31 – April 12, 2025

Sun	Mon, March 31	Tue, April 1	Wed, April 2	Thurs, April 3	Fri, April 4	Sat, April 5
	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- Kerry Shultz	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	9:15 – 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	
	10:45 – 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 April 10	10:30 – 11:45 – Online Tibetan Rites – Kim Leibowitz	
		11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Tracy Burkard	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 Bradley		
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel	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, April 6	Mon, April 7	Tues, April 8	Wed, April 9	Thurs, April 10	Fri, April 11	Sat, April 12
	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	9:15 – 10:30 am – Fundamentals Pilates Mat Class paused till April 22	9:15 – 10:30 – Interm/Adv Pilates Mat Class paused till 4/16	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 paused till April 22	9:15 – 10:30 – In Studio Yoga to the Core Susie Hayden	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	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean	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 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 Level 2 & 3–Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Tracy Burkard		
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**Preregister is required for Both In Studio and Online Classes through MindBody
info@glenmoreyoga.com GlenmoreYoga.com 804*741*5267**