



# yoga class schedule

**All students must be scheduled in advance.**

**Introductory Yoga Class** – Call for information.

## **Gentle Yoga**

Monday .....6:30 – 7:45 pm

## **Level 1**

Tuesday .....9:00 – 10:15 am

Tuesday .....5:00 – 6:15 pm

Tuesday .....6:30 – 7:45 pm

Thursday .....6:30 – 7:45 pm

Friday (Ball Class every 2nd week) 10:30 – 11:45 am

## **Level 2**

Monday .....10:30 – 11:45 am

Tuesday .....5:00 – 6:15 pm

Thursday .....9:00 – 10:15 am

Thursday .....5:00 – 6:15 pm

## **Mixed Level 1 and 2**

Saturday .....9:00 – 10:15 am

## **Mixed Level 2 and 3**

Monday .....6:30 – 7:45 pm

## **Level 3**

Tuesday .....10:30 – 11:45 am

Wednesday .....6:30 – 7:45 pm

Friday .....9:00 – 10:15 am

Saturday .....10:30 – 11:45 am

## **Ashtanga Fusion**

Thursday .....9:15 – 10:45 am

## **YogaDance**

Tuesday .....6:30 – 7:45 pm

## **Yin Yoga**

Wednesday .....9:30 – 10:45 am

## **Meditative Yoga**

Saturday .....9:00 – 10:15 am



GLENMORE YOGA &  
WELLNESS CENTER



# yoga class schedule

## **Ageless Yoga™** - (Ages 55 and better)

### **Gentle / Introductory**

Monday .....10:30 – 11:45 am

Wednesday .....10:30 – 11:45 am

Thursday..... 11:00 am – 12:15 pm

Friday..... 10:30 – 11:45 am

### **Level 1**

Monday .....9:00 – 10:15 am

Thursday.....10:30 – 11:45 am

### **Mixed Level 1 and 2**

Wednesday .....9:00 – 10:15 am

## **YOGA FOR THE CHILDBEARING YEARS**

### **Prenatal**

Wednesday .....6:30 – 7:45 pm

**Yoga Moms** ..... call for information

Schedule changes periodically. Call for updates

## **YOGA FOR CHILDREN and TEENS\***

Schedule changes periodically. Call for updates.

### **Yoga for Children**

Call for info.

### **Yoga for Teens**

Monday - Ages 12 – 18 ....5:00 – 6:15 pm

\* Children's yoga is \$52 per month or \$15 drop-in. Teen classes same as adults. Ten dollar discount on monthly enrollment for each additional child.

**Glen Eagles Shopping Center  
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