



GOLD BEACH WELLNESS CENTER WEEKLY CLASSES

MAY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

PILATES PLUS

Dawn

8:45 - 9:45 AM

All Levels

PILATES PLUS

Dawn

8:30 - 9:30 AM

All Levels

PRACTITIONER YOGA

Vanessa

10 - 11 AM

Levels 2-3

BEGINNER YOGA

Vanessa

10 - 11 AM

Level 0-1

PRACTITIONER YOGA

Vanessa

10 - 11 AM

Levels 2-3

ENTHUSIAST YOGA

Vanessa

10 AM - 12 PM

Level 4

QIGONG

Bozena

11:30 AM - 12:45

All Levels

QIGONG

Bozena

11:30 AM - 12:45 PM

All Levels

CHAIR YOGA

Mary

1:30 - 2:30 PM

Seniors

STEP & SCULPT

Dawn

5:30 - 6:30 PM

All Levels

PILATES PLUS

Dawn

5:30 - 6:30 PM

All Levels

BELLY DANCE

Vanessa

5:30 - 6:30 PM

All Levels

Class rates vary by teacher/class. Please visit our website or contact us for class details:

Bozena 541-425-0332

Dawn 916-801-5570

Mary 541-425-0742

Vanessa 458-205-1685

GoldBeachWellnessCenter.com