

GOLD BEACH WELLNESS CENTER

WEEKLY MOVEMENT CLASSES

DECEMBER 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Pilates Plus

8:45-9:45 AM

Dawn
All Levels

Early Birds Yoga

7:00-8:00 AM

Vanessa
Sign-up required

Early Birds Yoga

7:00-8:00 AM

Vanessa
Sign-up required

Enthusiasts' Yoga

Vanessa
10:00 AM - Noon
Experience
required

Yoga

10:00-11:00 AM

Vanessa
All Levels

Pilates Plus

8:30-9:30 AM

Dawn
All Levels

Yoga

10:00-11:00 AM

Vanessa
All Levels

Qigong

11:30-12:45 PM

Bozena
All Levels

Block Therapy

2:00-3:30 PM

Nancy Zi
All Levels

Beginning Yoga

10:00-11:00 AM

Vanessa

Qigong

11:30-12:45 PM

Bozena
All Levels

Embody Dance

1:00-2:00 PM

Vanessa
All Levels

Chair Yoga

1:30-2:30 PM

Mary S.
Seniors
& Beginners

Joyful Yoga

4:15-5:15 PM

Mary Breen
All Levels

Joyful Yoga

4:15-5:15 PM

Mary Breen
All Levels

Mat Pilates

5:30-6:30 PM

Kristen
All Levels

Pilates Plus

5:30-6:30 PM

Dawn
All Levels

Embody Dance

Thursday evening
classes resume
Feb. 12th

Holidays (no class)

Dawn: **12/24 & 12/31**

Kristen: **12/23**

Mary B.: **12/25 & 1/1**

Mary Sp.: **12/15 - 29**

Vanessa:
12/23 thru 1/3

Class rates vary by teacher/class. Please contact us for class details:

Bozena 541-425-0332

Dawn 916-801-5570

Kristen 805-450-3199

Mary B. 541-991-7284

Mary S. 541-425-0742

Nancy Zi 970-948-9923

Vanessa 458-205-1685