

GOLD BEACH WELLNESS CENTER  
 WEEKLY  
 MOVEMENT CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**Chair Pilates**  
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

**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

**Yoga**  
10:00 AM - Noon  
 Vanessa  
 Experience  
 required

**Qigong**  
11:30-12:45 PM  
 Bozena  
 All Levels

**Block Therapy**  
2:00-3:30 PM  
 Nancy Zi  
 All Levels

**Chakras Course  
 Chair Yoga**  
1:00-2:00 PM  
 Oliva  
 All Levels

**Qigong**  
11:30-12:45 PM  
 Bozena  
 All Levels

**Belly Dance  
 Fitness**  
1:00-2:00 PM  
 Vanessa  
 All Levels

**Beginning  
 Yoga**  
10:00-11:00 AM  
 Vanessa

**Joyful Yoga**  
4:15-5:15 PM  
 Mary Breen  
 Sign-up required

**Joyful Yoga**  
4:15-5:15 PM  
 Mary Breen  
 Sign-up required

**Chakras Course**  
3:00 - 4:30 PM  
 Oliva  
 Next course begins:  
 April 18th

**Chair Yoga**  
1:30-2:30 PM  
 Mary S.  
 Seniors  
 & Beginners

**Mat Pilates**  
5:30-6:30 PM  
 Kristen  
 All Levels

**Pilates Plus**  
5:30-6:30 PM  
 Dawn  
 All Levels

**Mat Pilates**  
5:30-6:30 PM  
 Kristen  
 Sign-up required

**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

Oliva 541-373-3285

Mary S. 541-425-0742

Nancy Zi 970-948-9923

Vanessa 458-205-1685