

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

10:00-11:15 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

**Beginning
Yoga**

10:00-11:00 AM

Vanessa

**Chair Yoga
*Chakras***

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

Chair Yoga

1:30-2:30 PM

Mary S.
Seniors
& Beginners

Joyful Yoga

4:15-5:15 PM

Mary Breen
Sign-up required

Joyful Yoga

4:15-5:15 PM

Mary Breen
Sign-up required

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

Chakras Course

includes Thrs Class

3:00 - 4:30 PM

Oliva
New course begins:
April 18th

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

Olivia 541-373-3285

Mary S. 541-425-0742

Nancy Zi 970-948-9923

Vanessa 458-205-1685