

GOLD BEACH WELLNESS CENTER

WEEKLY MOVEMENT CLASSES

AUGUST 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Yoga - Pranayam
7:00-8:00 AM
Vanessa
Sign-up required

Yoga - Pranayam
7:00-8:00 AM
Vanessa
Sign-up required

Chair Pilates
10:00-11:00 AM
Dawn

Yoga
10:00-11:15 AM
Vanessa

Pilates Plus
8:30-9:30 AM
Dawn

Yoga
10:00-11:00 AM
Vanessa

Yoga*
10:00 AM - Noon
Vanessa

Experience required

Qigong
11:30-12:45 PM
Bozena

Beginning Yoga
10:00-11:00 AM
Vanessa

Qigong
11:30-12:45 PM
Bozena

Chair Yoga for Seniors
1:30-2:30 PM
Mary S.

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

Belly Dance
4:00-5:00 PM
Vanessa
Sign-up required

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

Block Therapy
1:30-3:00 PM
Nancy Zi

Mat Pilates
5:30-6:30 PM
Kristen

Pilates Plus
5:30-6:30 PM
Dawn

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

Belly Dance
4:00-5:00 PM
Vanessa
Sign-up required

***No class
August 29th**

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