

GOLD BEACH WELLNESS CENTER

WEEKLY MOVEMENT CLASSES

SEPTEMBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Early Bird Yoga

7:00-8:00 AM

Vanessa
Sign-up required

Early Bird Yoga

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

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

Chair Yoga for Seniors

1:30-2:30 PM

Mary S.

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

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