

GOLD BEACH WELLNESS CENTER

WEEKLY MOVEMENT CLASSES

OCTOBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Please Note:

there is a 4 Week break
for classes with
Mary S. & Vanessa
Oct. 12 - Nov. 7

Classes Resume Nov. 9

Early Bird Yoga

7:00-8:00 AM

Vanessa

Sign-up required

Early Bird Yoga

7:00-8:00 AM

Vanessa

Sign-up required

Qigong
11:30-12:45 PM
Bozena

Yoga
10:00-11:15 AM
Vanessa

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

Yoga
10:00-11:00 AM
Vanessa

Yoga
10:00 AM -
Noon
Vanessa



*Experience
required*

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

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