Gold Beach Wellness Center

Movement Classes
November 2026

GoldBeachWellnessCenter.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Surya Namaskar 7:00-8:00 AM Vanessa *Sign-up required*		**Surya Namaskar** 7:00-8:00 AM Vanessa *Sign-up required*	
	Hatha Yoga 10:00-11:15 AM Vanessa	**Beginning Yoga** 10:00-11:00 AM Vanessa		**Hatha Yoga** 10:00-11:15 AM Vanessa	**Hatha Yoga** 10:00 AM - Noon Vanessa ॐ *Experience required*
Qigong 11:30-12:45 PM Bozena				**Qigong** 11:30-12:45 PM Bozena	
Chair Yoga for Seniors 1:30-2:30 PM Mary S.				**Block Therapy** 1:30-3:00 PM Nancy Zi	
		Belly Dance 4:00-5:00 PM Vanessa *Sign-up required*		**Belly Dance** 4:00-5:00 PM Vanessa *Sign-up required*	
	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*		

Class rates vary by teacher/class. Please contact us for class details:

Bozena 541-425-0332 | Dawn 916-801-5570 | Kristen 805-450-3199 | contact@GoldBeachWellnessCenter.com

Mary S. 541-425-0742 | Nancy Zi 970-948-9923 | Vanessa 458-205-1685