



GOLD BEACH WELLNESS CENTER

WEEKLY MOVEMENT CLASSES

JUNE 2025

***No yoga class
Saturday 6/28***

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Qigong

11:30 AM

Bozena
All Levels

Pilates Plus

8:45 AM

Dawn
All Levels

Pilates Plus

8:30 AM

Dawn
All Levels

Yoga

10:00 AM

Vanessa
All Levels

***Enthusiasts'
Yoga***

Vanessa
10:00 AM

2 hour class

Chair Yoga

1:30 PM

Mary
Seniors &
Beginners

Yoga

10:00 AM

Vanessa
All Levels

**Beginners'
Yoga**

10:00 AM

Vanessa

Qigong

11:30 AM

Bozena
All Levels

Mat Pilates

5:30 PM

Kristen
All Levels

Pilates Plus

5:30 PM

Dawn
All Levels

Dance!

5:30 PM

Vanessa
All Levels

**Classes are 60-75 minutes
unless otherwise noted**

Class rates vary by teacher/class. Please visit our website or contact us for class details:

Bozena 541-425-0332

Dawn 916-801-5570

Kristen 805-450-3199

Mary 541-425-0742

Vanessa 458-205-1685

GoldBeachWellnessCenter.com