



GOLD BEACH WELLNESS CENTER

WEEKLY MOVEMENT CLASSES

JULY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7-8 AM **Early Bird Yoga Courses:** enrollment opens every 8 weeks

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*
Experience
required
2 hour

Yoga

10:00 AM

Vanessa
All Levels

Beginning Yoga

10:00 AM

Vanessa

Qigong

11:30 AM

Bozena
All Levels

Chair Yoga

1:30 PM

Mary
Seniors &
Beginners

Block Therapy*

2:00 PM*

Nancy Zi
All Levels
*1.5 hour

Mat Pilates

5:30 PM

Kristen
All Levels

Pilates Plus

5:30 PM

Dawn
All Levels

Embody 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

GoldBeachWellnessCenter.com

contact@GoldBeachWellnessCenter.com

Mary 541-425-0742

Nancy Zi 970-948-9923

Vanessa 458-205-1685