

GOLD BEACH WELLNESS CENTER

WEEKLY MOVEMENT CLASSES

NOVEMBER
2025

MONDAY



Qigong
11:30-12:45 PM
Bozena
All Levels

Chair Yoga
1:30-2:30 PM
Mary S.
Seniors
& Beginners

TUESDAY

Pilates Plus
8:45-9:45 AM
Dawn
All Levels

Yoga
10:00-11:00 AM
Vanessa
All Levels

Block Therapy
2:00-3:30 PM
Nancy Zi
All Levels

Joyful Yoga
4:15-5:15 PM
Mary Breen
All Levels

Mat Pilates
5:30-6:30 PM
Kristen
All Levels

WEDNESDAY

**Early Birds
Yoga**
7:00-8:00 AM
Vanessa
Sign-up required

Pilates Plus
8:30-9:30 AM
Dawn
All Levels

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

Pilates Plus
5:30-6:30 PM
Dawn
All Levels

THURSDAY

Joyful Yoga
4:15-5:15 PM
Mary Breen
All Levels

Embody Dance
5:30-6:30 PM
Vanessa
All Levels

FRIDAY

**Early Birds
Yoga**
7:00-8:00 AM
Vanessa
Sign-up required

Yoga
10:00-11:00 AM
Vanessa
All Levels

Qigong
Friday classes
resume
December 5th

SATURDAY

**Enthusiasts'
Yoga**
Vanessa
10:00 AM - Noon
*Experience
required*

Embody Dance
1:00-2:00 PM
Vanessa
All Levels

**No classes
Thanksgiving day
Nov. 27**

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