

Weekly Classes

Gold Beach Wellness Center

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Yoga Vanessa 7:00 - 8:00 AM All Levels		Early Bird Yoga Vanessa 7:00 - 8:00 AM All Levels		
	Balancing Yoga Vanessa 10:00 - 11:00 AM Level 2-3	Beginners' Yoga Vanessa 10:00 - 11:00 AM Level 1	Beginners' Yoga Vanessa 10:00 - 11:00 AM Level 1	Balancing Yoga Vanessa 10:00 - 11:00 AM Level 2-3	Enthusiasts' Yoga Vanessa 10:00 AM - 12:00 PM Level 3-4
Qigong Bozena 11:30 - 12:30 PM All Levels	Chair Yoga* Olivia 2:00 - 3:00 PM All Levels	<i>*Resumes Sept. 10*</i>	Chair Yoga* Olivia 2:00 - 3:00 PM All Levels	Qigong Bozena 11:30 - 12:30 PM All Levels	
	Belly Dance Vanessa 5:30 - 6:30 PM All Levels		Belly Dance Vanessa 5:30 - 6:30 PM All Levels	Tai Chi Laurie 3:30 - 4:30 PM All Levels	

Class Rates:

10% Senior Discount available for Qigong and Chair Yoga

Packages:

6 class - \$60

12 class - \$120

20 class - \$200

Drop-in:

First class is Free or \$10 (your choice), \$15/class



GoldBeachWellnessCenter.com

SPECIAL EVENT: Saturday, September 28th, 4-5 PM
 Himalayan Harmonious Healing: Singing Bowls Sound Bath