

## MONDAY

6:00-8:00 AM

Mysore Practice w/ Olivia

8:00-9:00 AM

Slow Flow w/ Jill

9:30-11:00 AM

Ropes Wall Yoga w/ Jen C.

10:00-11:00 AM

Yoga for 50+ w/ Jill

12:10-1:00 PM

Power Lunch w/ Jill

4:45-5:45 PM

Yin Yoga w/ Emily H.

5:15-6:15 PM

Yoga Basics  
w/ Claire **B**\*

6:00-7:30 PM

Hot Power Flow  
w/ Emily H. \*

6:30-7:30 PM

Slow Flow w/ Judson \*

6:45-7:30 PM

Breath & Meditation Series  
w/ Jill [1/7-1/28]

**PREREGISTER**

7:45-8:45 PM

Alignment Yoga w/ Emily P.

7:45-8:45 PM

Restorative Yoga  
w/ Carol Ann ♥

## TUESDAY

6:00-8:00 AM

Mysore Practice w/ Olivia

6:30-7:30 AM

Power Flow w/ Allison \*

9:30-10:30 AM

Yoga Basics w/ Jill

10:00-11:00 AM

Pilates w/ Rose \*

12:10-1:00 PM

Slow Flow Lunch  
w/ Suzanne \*

5:15-6:15 PM

Yin Yoga w/ Laura **B**\*

6:00-7:30 PM

Alignment Yoga  
w/ Judson **B**\*

6:30-7:45 PM

Hot Power Flow w/ Kim **I**\*

7:45-8:45 PM

Slow Flow w/ Cheryl ♥

8:00-9:15 PM

Power Flow w/ Colby ♥

online at:  
**GLOWING  
BODY.NET**

## WEDNESDAY

6:00-8:00 AM

Mysore Practice w/ Olivia

8:00-9:00 AM

Slow Flow w/ Jill

9:00-10:15 AM

Warm Power Flow w/ Jen C.

10:45-11:45 AM

Ropes Wall Basics w/ Jen C.

12:10-1:00 PM

Power Lunch w/ Katey

5:15-6:15 PM

Power Flow w/ Amanda

6:00-7:30 PM

Yin Yoga w/ Jen C.

6:30-7:30 PM

Beginning Mindfulness Series  
w/ John [1/15-2/5]

**PREREGISTER**

6:30-7:30 PM

Intro to Yoga Series w/ Kim  
[1/9-1/20] **PREREGISTER**

7:45-9:00 PM

Slow Flow w/ Amberly ♥

## THURSDAY

6:00-8:00 AM

Mysore Practice w/ Olivia

6:30-7:30 AM

Power Flow w/ Allison

9:00-10:15 AM

Yoga with Wheels  
w/ Jen C.

10:00-11:00 AM

Yoga for 50+ w/ Jill **B**\*

11:00-11:45 AM

Yoga Nidra w/ Jill **B**\*

**LAST THURSDAY ONLY**

12:10-1:00 PM

Alignment Lunch  
w/ Veronica

5:15-6:15 PM

Beginner Ropes Series  
w/ Jen C. [1/10-1/31]

**PREREGISTER**

6:00-7:30 PM

Slow Flow w/ Ben ♥

6:30-8:00 PM

Alignment Yoga w/ Kim

7:00-8:00 PM

Intro to Yoga Series  
w/ Jen S. [1/10-1/31]

**PREREGISTER**

7:45-9:00 PM

Hot Power Flow  
w/ Jessica B. ♥

## FRIDAY

6:00-8:00 AM

Mysore Practice w/ Olivia

9:30-10:30 AM

Yoga Basics w/ Suzanne

10:00-11:00 AM

Pilates w/ Rose

12:10-1:00 PM

Slow Flow Lunch  
w/ Amberly

6:00-7:30 PM

Alignment Yoga  
w/ Judson ♥

## SATURDAY

9:00-10:30 AM

Yinyasa w/ Jen C.

10:45 AM-12:00 PM

Hot Power Flow  
w/ Katey

### COLOR-CODED CLASSES:

Gray text=CLASS

Green text=SERIES

## SUNDAY

10:00-11:15 AM

Hot Power Flow  
w/ Jessica ♥

11:30 AM-12:45 PM

Body Love Yoga  
w/ Kristen ♥

1:00-2:15 PM

Slow Flow w/ Jessica D.C. ♥

3:00-4:15 PM

Intro to Power Flow  
w/ Cheryl ♥

5:00-6:15 PM

Alignment Yoga  
w/ Meghan H. ♥

6:30-7:30 PM

Making a Change for Good  
Book Group w/ Meghan H.  
[1/6-1/27] **FREE**



# JANUARY 2019

## CLASS KEY: LEVELS & PRICES

\* **ALL LEVELS**

Open challenge for any level

**B** **BEGINNERS**

New to yoga

**I** **INTERMEDIATE**

Some yoga experience

♥ **KARMA CLASSES**

Donation-based classes

JANUARY 2019

## Workshops

**Bend + Bliss: Yin Yoga and Massage with Jen Coffin, Kelly Scott, and Kim Lomonaco**  
Friday, January 4th, 6:30-8:30 PM

**Reclaim Your Core + Pelvic Floor with Jen Schappel**  
Saturday, January 5th, 9:00 AM-12:00 PM

**Essential Yoga with Suzi Dismukes and Toni Loy**  
Saturday, January 19th, 10:00 AM-12:00 PM

**Restorative Ropes with Jen Coffin**  
Sunday, January 20th, TWO SESSIONS:  
9:00-10:30 AM or 11:00 AM-12:30 PM

**Moms on the Mat with Jen Schappel**  
Saturday, January 26th, 6:30-8:30 PM

**Leverage Matters with Jen Coffin**  
Sunday, January 27th, 9:00 AM-12:00 PM

## Series

**Breath + Meditation with Jill Frere**  
Mondays, January 7th-28th, 6:45-7:30 PM

**Beginning Mindfulness Meditation with John Blackburn**  
Wednesdays, January 15th-February 5th,  
6:00-7:30 PM

**Total Beginner Yoga Series with Kim Lomonaco**  
Wednesdays, January 9th-20th,  
6:30-7:30 PM

**Total Beginner Rope Yoga Series with Jen Coffin**  
Thursdays, January 10th-31st,  
5:15-6:15 PM

**Intro to Yoga Series with Jen Schappel**  
Thursdays, January 10th-31st,  
7:00-8:00 PM

**Making a Change for Good Book Group with Meghan Henley FREE**  
Sunday, January 6th-27th, 6:30-7:30 PM

## Glowing Body Teacher Training

**New class begins January 2019!**  
Visit [glowingbody.net](http://glowingbody.net) for program dates, tuition, and application.

## Holiday Schedule

### NEW YEAR'S EVE

**Hot Power Flow with Jessica Brothers**  
Monday, December 31st, 10:00-11:30 AM  
\$15

### NEW YEAR'S DAY

**New Year Slow Flow with Katey Swiger**  
Tuesday, January 1st, 5:00-6:30 PM  
\$15

**New Year Yin Yoga with Kim Lomonaco**  
Tuesday, January 1st, 5:00-6:30 PM  
\$15

All Other Classes Cancelled  
December 31st and January 1st!



THE **glowing** BODY

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