



Ageless Yogis w/  
Glenda  
2023



**Glenda is bringing her Ageless Yogis Class to YOU!  
Join her for a month of yoga from the convenience  
of your own home.**

## **Classes**

- . Tuesday 11:00am  
Ageless Yogis w/Glenda
- . Thursday 11:00am  
Ageless Yogis w/Glenda

Each class comes with a recording link (available for a limited time),  
allowing you to take class when it works for you!

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*One month pass is \$65 for all 8 classes!*

*Three ways to sign up & pay.*

*1. email us at [VitaZen@usa.net](mailto:VitaZen@usa.net) & we will send an invoice link*

*2. Call us @ 540.721.9365*

*3. Stop by VitaZen to sign up & pay*

*12787 Booker T Washington Hwy Suite 103 Hardy, VA 24101*

***Once payment is made you will receive an email  
with a link to log in to the classes.***

***The first class is on the first Tuesday or Thursday of each  
month. There are 8 classes per month.***

**Classes will be 60 minutes, with the virtual  
studio opening 15 minutes prior to class  
start time to allow our yogis to chat!**

